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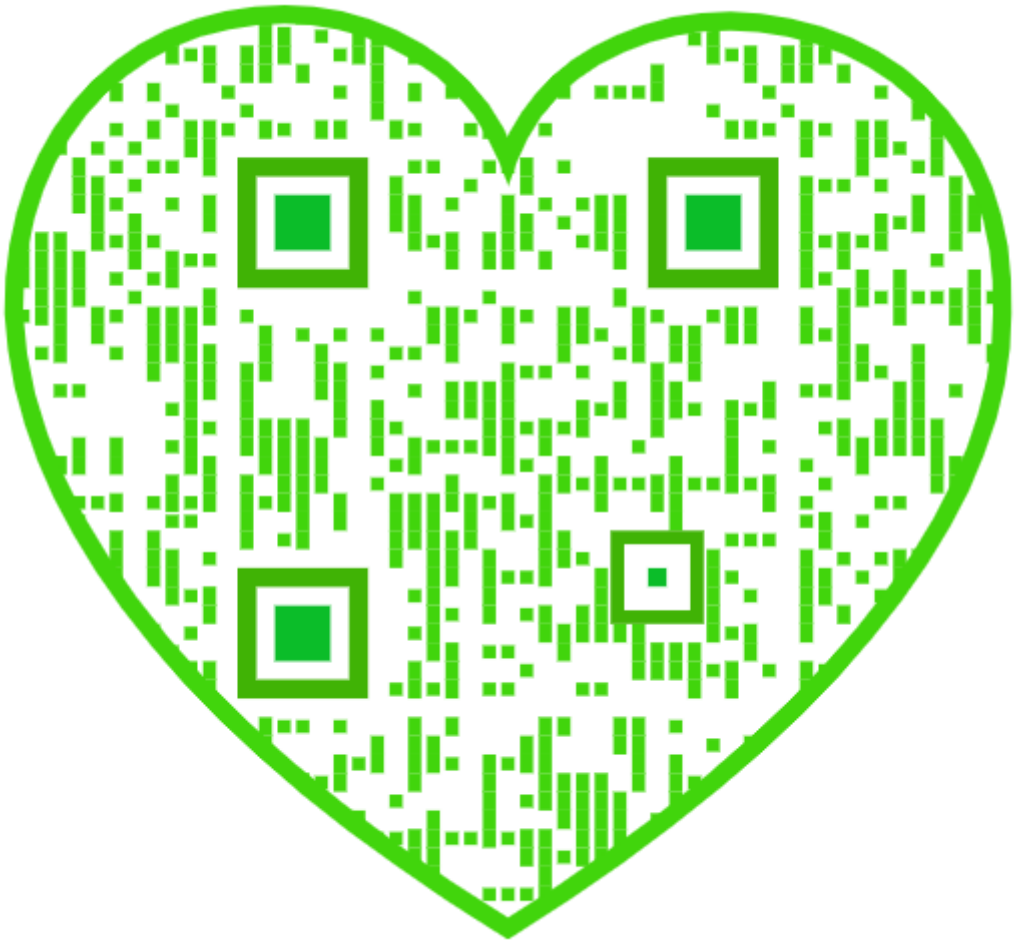
A NEW DAILY FOOD



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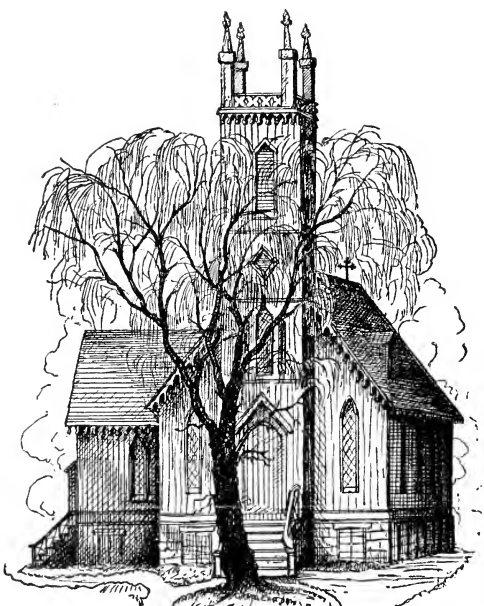

ST. PAUL'S CHURCH.

Pen and ink sketch by J. H. Gratacap.

A NEW

DAILY FOOD

A COLLECTION OF TRIED AND RELIABLE RECIPES,
BROUGHT FORTH FROM THE STORE HOUSE
OF THINGS NEW AND OLD,

— BY THE —

LADIES OF ST. PAUL'S CHURCH,

MORRISANIA, NEW YORK.

EDITED AND COMPILED BY

LYDIA SHILLABER.

"The turnpike road to people's hearts I find
Is through their mouths, or I mistake mankind."

NEW YORK.
PRESS OF BEDELL & BROTHER,
1885.

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ERRATA.

PAGE 23. – English Muffins should contain "Yeast Cake, one-quarter of one."

ERRATA.

PAGE 23.—English Muffins should contain "Yeast Cake, one-quarter of one."

PAGE 38.—Beefsteak, for "gridiron," read "frying-pan."

PAGE 62.—To Pickled Oysters (No. 2) sufficient white wine vinegar should be added to suit the taste.

PAGE 69.—In Baked Macaroni, the tomatoes should be stewed for an hour before being added to the Macaroni.

PAGE 103.—Whigs, which are breakfast cakes, should not be frosted. The frosting is for loaf cakes.

PAGE 111.—Strawberry Short Cake should have one cup of flour.

PAGE 121.—Cream Peppermint Candy, for "Heat it until it creams," read "Beat it until it creams."

PREFACE.

The Editor deems it unnecessary to offer any apology for the title of this book.

Should the purchaser be disappointed to find that it is not strictly a religious work, we hope that he will be consoled by discovering that it tends in that direction.

Body and soul are mutually dependent upon each other, for health and perfect development.

It is physically impossible for a dyspeptic to be a cheerful Christian and to "serve the Lord with gladness," and many a pious man has mourned because he thought himself enveloped in spiritual clouds, when he was only suffering from indigestion

The members of The Ladies' Society think it fitting to supplement the efforts of their rector, who labors so assiduously to bring the Church to a healthy spiritual growth, by work which is properly in their sphere, namely, directing attention to the nourishing of their physical nature and furnishing aid to that end, that their bodies may also be presented as an acceptable sacrifice, which is their "reasonable service."

L. S.

Morrisania, Feb., 1885.

MRS. PARTINGTON ENDORSES THE NEW DAILY FOOD.

"Well, well," said Mrs. Partington, her spectacles beaming with delight, as she turned over the leaves of the new cook-book, "I declare it excites my salvation glands even to read the titles of the good things here signed and receipted for. It seems as though the greatest epicac might find something among these meats and cosmetics to give a jest to appetite."

She read on with increasing interest, and it was a pleasure to watch the emotions expressed on her face, that, like a sensitive photographic plate, revealed her reflections.

"The good Lord sends vittles," she continued, "and His intentions should be carried out in the cookin' of 'em, though some seem to think it's enough to throw them together anyhow and leave 'em to cook themselves.

"Ah! many a fair home has been desiccated by poor cooking, and a man's table has been the rock ahead on which his happiness has split. A hard rock too, sometimes, with bread and pastry you could throw through a stone wall and not hurt it. If a man's as pious as Beelezebub his stomach can't stand everything.

"Now a book like this will come into a house like a dessert in an O Ices, and be a quarantine of perpetual peace.

"Better is a stolid ox, and contention therewith, than——

"Isaac, dear, if you are so glutinous that mince-pie will stick in your sarcophagus and kill you within an inch of your life!"

"It can't stick long," said Ike, as plainly as he could articulate with his mouth full.

"Why can't it, if you swallow it so fast?" asked Mrs. P——.

"'Cause it's a *turnover!*" said Ike jocosely.

Mrs. Partington settled the question by turning over the remainder of the pie into a clean plate and setting it upon the top shelf. But she smiled appreciatively as Ike departed with a quarter section of the comestible in his hand, and murmured:

"He is *such* a funny boy! So full of humors!"

INTRODUCTORY.

"It were easier to show twenty what were good to be done than to be one of the twenty to follow my own showing."

We hope that our New Daily Food will prove to be of such universal value that "no family should be without it."

It contains a portion of the united wisdom of many experienced housekeepers. Though all are too modest to claim any superior skill, yet no one who follows a calling for many years can fail to make discoveries that are of benefit to the inexperienced.

We have tried to make our directions so plain that "she who runs may read," remembering that many a young housekeeper besides Bella Wilfer has been ready to apostrophize the cookery-book from which she was trying in vain to obtain available information, as a "Stupid old donkey!"

Happy the woman who has such well-trained servants that she is spared the every-day wear and tear of nerve and brain that the average housekeeper is subjected to, and who can save the best of herself for husband, children and friends.

But, in the chaotic state of service in this country, the mistress of a house must often be left to the mercy of the utterly raw material that is stranded upon our shores to be utilized and educated as "help."

To the mistress ignorant of household duties, housekeeping is a torment and a snare, and the domestic machinery can never run smoothly; while an expert manager with an intelligent knowledge of the routine, who can, if occasion requires, illustrate as well as explain, may obtain good results from the most unpromising appearances.

To the wise we bring new ideas, to the ignorant knowledge.

Especially do we aim to assist the house-mother of whom circumstances require the daily sacrifice of strength as well as thought, and who realizes by tired experience the truism that "woman's work is never done."

To such the following application—made by a lady distinguished in literature, who is also a skilful housekeeper—of one of Alice's adventures in the Looking-glass, will seem no absurdity.

"When Alice was in the Looking-glass world, she was greatly surprised, when, in the middle of a conversation with the queen, that the lady seized her hand and began running rapidly. After they had run awhile, Alice perceived that they were in the same place, and naturally inquired what it meant. Said the queen: 'Our world revolves so rapidly that we have to run like this in order to remain in the same place.—when we wish to go anywhere we have to run twice as fast.' Thus it is with housekeepers. They are obliged to maintain a lively run, in order to just stay where they are, and keep from getting behind-hand: and when they wish to gain a day they must go twice as fast."

To such busy workers, especially if they be young and unskilful, we bring practical aid by telling them what others have learned in the dear school of experience, thus saving valuable material and more valuable time from being lost in experiment.

It will encourage them also to remember that no service can be menial that is sweetened by love and duty. One can do anything for one's own, and the work of the mistress should therefore be much better than that of the maid; though even of her lowly tasks the good Geo. Herbert says:

"A servant with this clause
Makes drudgery divine.
Who sweeps a room as to Thy laws
Makes that and the action fine."

These words have been as "the shadow of a great rock in a weary land" to many a conscientious toiler hard pressed with petty duties.

Ruskin probably never did house-work, yet he describes the greatness in littleness of it.

"Every action—however mean or inconsiderable—is capable of a peculiar dignity in the manner of it, and a still higher dignity in the motive of it. For there is no action so slight, but it may be done to a great purpose, and ennobled therefore."

THINGS FOR A YOUNG HOUSEKEEPER TO REMEMBER.

That all experienced housekeepers were once beginners, and blundered and wasted as you do.

That a generous, wholesome diet is less expensive than doctors' bills, and less trouble than the care of the sick, and no money or time spent in furnishing it is wasted.

That, "variety is the spice of life," at the table as well as elsewhere. Though it may be a saving of trouble to have a regular routine for every day in the week, it is exceedingly monotonous. Avoid the conventional boarding-house system of announcing the day of the week by the odor from the kitchen, the boiled meat and vegetables coming around as regularly as the Thursday, and a breakfast of fish-hash and a dinner of chowder being as inevitable as the Friday. A dainty *surprise* will often tempt back a lost or wandering appetite

That there is a limit to the labor that can be accomplished by one pair of hands: therefore, resolve, that the "non-essentials" only shall be neglected. The daily comfort of the family, and the mental and moral training of the children, are of more importance than frosted fruit cake for company, or embroidered pillow-shams and mantel lambrequins in the guest-chamber.

That stingy or lazy people never make good cooks. It requires plenty of good materials, and much care in their preparation to accomplish good results in this important department of domestic science.

That many things which are usually thrown away will be found "handy to have in the house." Bread, a trifle stale, will make excellent Cream or Water Toast, for which see rule. When not wanted for that, it may be dried in a slow oven, and rolled or pounded into crumbs. It will then serve for puddings, stuffing, or breading meat or oysters. Stale crackers can be made crisp by putting them in the oven a few minutes, and can be kept a long

time thus. Drippings.—The skimming of good roast beef gravy, or the remnants of the fat of roast beef, melted in the oven and strained, and the skimming of soup stock before vegetables are added, can be used in place of lard or cooking butter, and are as wholesome as either. Cooking butter is one of the littles that make the mickle in housekeeping. It should be good and sweet, and can be bought much cheaper than the best table-butter, which melts away like dew in the sun, if used for all cooking purposes.

That, while "economy is wealth," and nothing of use should be thrown away, it is the worst sort of waste to try, by any artifice of cooking or disguise of condiments, to insinuate things unfit to be eaten into people's stomachs. It is criminal to impede the delicate processes of nature by compelling her to do scavenger work.

A New Daily Food.

Chapter I.—BREAD.

Directions Regarding Bread.

The first requisite for good bread is good flour; the second, good yeast; the third, patience.

The housewife can, if she wishes, make her own yeast, and will find directions for so doing. But good yeast can be easily procured in liquid or compressed form, which is perfectly reliable when fresh. Any good yeast will make good bread, and if cooks complain of having no luck in making bread, it must argue some want of pains or of understanding.

Bread should be made up warm, but the yeast should never be scalded, as that would take away its "liveliness."

Good materials, careful mixing, and long kneading will always secure good bread. Home-made bread is much more satisfying and cheaper than bakers' bread, and one does not tire of it. A cook cannot acquire a more valuable accomplishment than that of making good bread. It is "the staff of life."

Potato Yeast (No. 1).

Pare and cut in several pieces three large, fair potatoes. Boil these, having removed all dark specks, in a quart of water, in a porcelain-lined or tin saucepan kept for this purpose. When soft, put them into a pitcher holding three pints. Add to the water in which they were boiled a small pinch of hops, and boil ten minutes. (If you add too many hops the water will be too dark-colored.) Meanwhile, mash the potatoes with a silver spoon. (An iron spoon would blacken them.) Next stir in half a cup of flour, half a cup of white sugar and a tablespoonful of salt. Put the

pitcher upon the hearth or back of the stove, and set a strainer on top of it. Strain the hot water *as it boils* upon the potato. When you have poured in a part of the water, stir till the flour is smooth; then add the rest. Should the mixture seem thick, add a few spoonfuls of boiling water—enough to make it like a very thin batter.

Set it away to cool. When warm to your finger, not hot, add half a cup of lively yeast, and put the pitcher in a warm place. It will rise rapidly. When it begins to foam stir it once or twice. This will make it still lighter.

One cup will raise a sponge for five or six loaves. Keep the pitcher in a cool place covered with a saucer. Never put it into a bottle or jug. It will keep sweet two or three weeks. Always save half a cupful for raising the yeast the next time.—MRS. CONELIUS.

Home-Brewed Yeast (No. 2).

Potatoes.....four; Flour.....four tablespoonfuls;
Hops.....one ounce; Sugar.....one tablespoonful;
Salt ..... one teaspoonful; Yeast.....one cup,
or Compressed Yeast.....one cake.

Boil and mash the potatoes, and mix with the flour, sugar and salt. Pour over this two quarts of boiling water; stir, and put it aside to cool. Steep the hops in a pint of water. When blood-warm, mix all the ingredients, and set in a warm place to rise. When it begins to work, pour it into a stone jug and cork tightly, and keep it in a cool place. For four moderate sized loaves of bread one cup of Home-Brewed is sufficient.—MRS. C. GOLDERMAN.

Potato Yeast (No. 3).

Potatoes (grated).....one cup; Salt.....one-half cup;
Sugar.....one-half cup.

Boil a pinch of hops in a little water and pour over the above. Add enough water to make two quarts. Put on the stove until it comes to a boil; then set it away till it is milk-warm, when add one-half cup of yeast. Set it in a warm place to rise.—MRS. CLEMENT.

White Bread.

Have ready two quarts of sifted flour; then scald one quart of milk; dissolve in this one tablespoonful of butter or lard, two tablespoonfuls of sugar, and a little salt. Dissolve a cake of com-

pressed yeast in a little luke-warm water; add it to the milk when partly cooled. Stir this gradually into the flour. Knead twenty minutes. Cover with a clean bread towel, and set to rise. If set at night, it will be risen in the morning, and should have another thorough kneading, and then be put into the pans to rise again. This quantity will make two good-sized loaves and a pan of biscuits. The loaves will require about three-quarters of an hour to bake. The biscuits should bake in from twenty minutes to half an hour. This bread can be made up with all or part water instead of milk, and is as good as any bread mixed with water. It can be sweetened more if desired.

Graham Bread.

Graham flour.....sufficient for the batter;
White flour.....four cups; Yeast.....one cup;
or Compressed Yeast.....one-half cake;
Salt.....one teaspoonful; Water (warm).....one quart;
Indian meal.....one cup; Sugar.....one cup;
Soda.....two teaspoonfuls (scant).

Make a sponge at night of the water, which must be warm, the white flour, yeast and salt.

In the morning, when the sponge is light, add the Indian meal, sugar, and the soda dissolved in a little boiling water.

Then scatter in gradually as much Graham flour as you can possibly stir in smooth, and put the dough in pans to rise. This will make two good loaves. It is a good recipe.

Rolls.

Milk.....one quart; Eggs.....four;
Sugar.....one tablespoonful; Butter.....one-half cup;
Compressed Yeast.....half of a cake;
Salt.....one-half teaspoonful; Soda.....one-half teaspoonful.

Warm the milk sufficiently to melt the butter, add the eggs beaten light, enough flour to make a stiff sponge, then the yeast dissolved in a little luke-warm water. In the morning add the salt, the soda dissolved in a little boiling water, and as much flour as is needed to mould it easily. Roll out and cut into biscuit, and

let them stand for about an hour. They should rise to about twice their original size.

Bake in a quick oven.

This dough will serve for waffles, muffins or griddle cakes.

—Mrs. M. B. Arnold.

Biscuit.

Flour.....one quart;
Baking Powder.....three teaspoonfuls;
Salt.....one teaspoonful.

Sift altogether; add milk enough to moisten. The dough should be quite soft. Roll an inch thick; cut into cakes and bake. Twenty minutes in quick oven should be sufficient.

A teaspoonful of shortening may be added to the dry flour.

Tea Biscuit.

Flour.....one quart;
Baking Powder.....three and a half teaspoonfuls;
Lard...one-half tablespoonful; Butter, one-half tablespoonful;
Salt.....one-half teaspoonful;
Milk.....sufficient to moisten the above.

Sift the yeast powder and flour into a bowl. Rub into them the butter and lard, add the salt and soften with sweet milk.

Roll out the dough, cut into cakes and bake in a quick oven about ten minutes. —Mrs. Arnold.

Short Cakes.

Flour.....one pint; Salt.....one-half teaspoonful;
Baking Powder.....two teaspoonfuls;
Butter.....one tablespoonful; Milk.....one cup (scant).

Mix the flour, salt and baking powder. Into them rub the butter and moisten with the milk. Add sufficient milk to make a dough that will handle easily. Pat with a rolling-pin about half an inch thick, cut into small cakes and fry in a hot spider or griddle until brown. Brown both sides, letting them cook slowly.

For a dessert, split them open and spread with fruit and sugar.

—Mrs. Oliver.

Waffles.

Milk ..... one pint; Butter, one large tablespoonful;
Eggs ..... four; Flour ..... one-quarter pound;
Yeast, one large tablespoonful; Salt ..... a little.

Warm half the milk till it will melt the butter. Beat the eggs and mix them with the cold milk; then stir in the flour, add the salt, and mix with the warm milk and butter; add the yeast and set in a warm place.

Cook on *hot* waffle irons. —Mrs. Oliver.

Graham Gems.

Graham flour ..... two cups;
Sour milk ..... one and two-thirds cups;
Soda ..... one teaspoonful; Molasses ..... one-tablespoonful;
Butter ..... one teaspoonful; Salt ..... a little.

Dissolve the soda in a portion of the sour milk and melt the butter.

Flannel Cakes.

Butter ..... one-half cup;
Milk (sweet) ..... one and one-half pints;
Milk (sour) ..... one and one-half pints;
Eggs ..... three; Soda ..... two teaspoonfuls.

Dissolve the soda in a little of the sour milk; add flour enough to make a thick batter. —Mrs. Ford.

Pop-overs.

Milk ..... two cups;
Flour ..... two cups a little heaped;
Eggs ..... two;
Sugar ..... one tablespoonful, heaped;
Butter ..... one teaspoonful;
Nutmeg ..... one-quarter of one;
Salt ..... one-quarter teaspoonful.

Pour the milk upon the flour gradually to avoid lumps. Add the eggs well beaten, and melted butter, then the sugar, spice and salt. Beat very light.

Bake in cups or muffin pans twenty minutes in a quick oven.

Rye Muffins.

Rye flour.....three cups; White flour, one and a half cups;
Sour milk.....three cups; Soda.....one teaspoonful;
Sugar.....four tablespoonfuls.

This may be made with sweet milk, when two teaspoonfuls of cream of tartar should be added. —Mrs. Oliver.

Cream-Muffins.

Flour.....one pint;
Salt.....one-half teaspoonful;
Baking powder.....one and a half teaspoonfuls;
Eggs.....two;
Cream.....three-quarters cup.

Mix well together the salt, flour and baking powder. Beat the yolks of the eggs thoroughly, to which add the cream. Stir all together and add the whites, which must be beaten stiff last.

Bake in muffin pans. Serve hot.

German Puffs.

Flour.....three cups;
Milk.....three cups;
Eggs.....three;
Butter.....three teaspoonfuls;
Baking powder.....one-half teaspoonful;
Salt.....one saltspoonful.

Mix and bake as in directions for pop-overs. —Mrs. White.

Muffins.

Flour.....one quart;
Baking powder.....one and a half teaspoonfuls;
or Soda.....one-half teaspoonful;
Cream of tartar.....one teaspoonful;
and Salt.....one teaspoonful;
Eggs.....three or four;
Butter (melted).....two tablespoonfuls;
Milk.....enough to make a batter.

Mix the baking powder (or soda and cream of tartar) dry with flour; moisten with the milk, add the eggs and melted butter last.
—Mrs. Comfort.

English Muffins.

Milk.....one pint; Flour....to make a stiff batter;
Egg.....one; Butter.....one tablespoonful;
Salt.....a little.

Warm the milk, melt the butter in it, mix and let the batter rise four or five hours in a warm place or over night in a cool one. Bake in muffin rings. —Mrs. W. C. Emery.

Chester Muffins.

Flour..... four quarts; Sugar.....one cup;
Butter..... one cup; Yeast.....one cup;
Eggs.....four; Salt.....a little;
Milk.....two quarts.

Mix at night, let it rise till morning, bake in a good oven in muffin rings or pans. —Mrs. Stroud.

Breakfast Gems.

Flour.....three cups;
Milk.....two cups;
Sugar.....one-quarter cup;
Egg.....one;
Cream of tartar.....two teaspoonfuls;
Soda.....one teaspoonful;
Salt.....a little.

Bake in a quick oven in gem pans. —Mrs. Cummings.

Rice Gems.

Boiled rice.....two cups;
Milk.....four cups;
Eggs.....three;
Cream of tartar.....two teaspoonfuls;
Soda.....one teaspoonful;
Sugar.....a little;
Salt.....a little;
Flour.....sufficient to make a medium stiff batter.

Bake in a gem pan. This will make thirty gems.—Miss Emery.

Squash Cakes.

Squash, (sifted.).....one-half pint;
Butter, (melted,).....one tablespoonful;
Milk.....one-half cup;
Flour.....three cups;
Salt..... a little;
Yeast cake.....one-quarter of one.

Raise them over night and bake in gem pans. —Miss Emery.

Graham Muffins.

Flour.....one cup;
Molasses.....two-thirds cup;
Compressed yeast.....one-half cake;
Butter.....one teaspoonful;
Water.....one quart;
Graham flour.....sufficient to make a stiff batter.

Raise over night. —Miss Emery.

White-Raised Muffins.

Milk.....one pint;
Sugar..... two tablespoonfuls;
Butter.....size of an egg;
Compressed yeast.....one-quarter of a cake;
Egg.....one;
Flour.....sufficient for a stiff batter.

Raise over night. —Miss Emery.

Corn Muffins.

Corn meal;.....
Water, warm.....one cup;
Lard or butter.....one small tablespoonful;
Sour milk or buttermilk.....one large cup;
Eggs.....two;
Salt.....one-half teaspoonful;
Soda.....one-half teaspoonful.

Melt the lard or butter in the warm water; then add the milk, the eggs well beaten, and the salt. Stir in corn meal enough to

make a thick batter. Dissolve the soda in a tablespoonful of hot water, and pour into the mixture, stirring very fast.

Pour it immediately, during the effervescence, into the muffin pans. —Mrs. Ford.

Boston Brown Bread, (Steamed), No. 1.

Indian meal.....one quart; Rye flour.....one pint;
Sour milk.....one quart; Molasses.....one cup;
Soda.....two teaspoonfuls.

Mix the meal and flour, add the milk gradually, to avoid lumps. Add the molasses. Dissolve the soda in two tablespoonfuls of hot water, and add, stirring very fast. Steam six hours in a well greased double kettle. Set in the oven for one hour before dinner. —Mrs. Harris.

Boston Brown Bread (Steamed), No. 2.

Indian or corn meal..two cups; Rye flour or meal.....one cup;
Milk.....one pint; Molasses.....one-half cup;
Soda.....one even teaspoonful.

Mix as in above recipe (No. 1). Steam five hours. Sour milk may be used, in which case a half-teaspoonful more of soda must be added.

Brown Bread (No. 3).

Indian meal.....three cups;
Rye meal or flour.....three cups;
Molasses.....one half cup;
Salt.....one teaspoonful;
Saleratus.....one teaspoonful;
Milk.....enough to make a stiff batter.

Steam five or six hours.

This will make enough to fill a two-quart pan.—Mrs. Eaton.

Lottie's Baked Brown Bread.

Indian meal.....five cups; Rye meal.....five cups;
Molasses.....one cup; Soda.....one teaspoonful;
Salt.....one teaspoonful.

Mix with lukewarm water and bake three or four hours.

—Mrs. Winslow.

Dora's Steamed Brown Bread.

Indian meal.....two and one-half cups;
Rye meal.....two cups;
Flour.....one cup;
Molasses.....one cup;
Soda.....one teaspoonful;
Salt.....one teaspoonful.

Mix with warm water, steam three or four hours.

—Mrs. Winslow.

Corn Bread.

Yellow meal.....one cup;
Flour.....two cups;
Baking powder.....two teaspoonfuls;
Eggs.....three;
Sugar.....two tablespoonfuls;
Milk.....one pint;
Butter.....size of an egg;
Salt.....a salt-spoonful.

Sift the flour, meal, baking-powder, and salt together. Add the sugar, the butter melted, the eggs well beaten, and last, the milk gradually. Bake in gem pans half an hour.—Mrs. White.

Chapter II.—SOUPS.

Gilbert Stuart was asked by one of his admirers, and perhaps imitators, how he mixed his colors. His reply was, "According to my taste," which was equivalent to saying that no artist could give an exact rule for mixing colors.

In cooking, as in other fine arts, no exact rule can be given for many mixtures. In soups, more than in most things, the taste must guide. "What is one's meat is another's poison," and all cooks must discover the taste of those to whom they have to cater, and govern themselves accordingly.

Beef furnishes a good foundation for soup stock. It should be put on in cold water, about two quarts to the pound, and boiled slowly. It may be varied each day by different seasoning and vegetables, and used till the juice of the meat is all extracted. It may be thickened with vermicelli or spagetthi, which require about fifteen minutes to boil; or rice, which should boil half an hour, or barley, which requires three quarters of an hour. Strained tomato sauce or a few spoonfuls of tomato catsup may be added to the soup just before serving, for an occasional change.

Tomato Soup.

Soup stock.... ....four quarts; Tomatoes.....one-half peck;
Onions.....two; Sugar.....two tablespoonfuls;
Salt..... .....to taste; Pepper.....to taste;
Celery.....a little.

Boil all together, strain and thicken with browned flour.

—Mrs. W. C. Emery.

Potato Soup.

Potatoes, large.....twelve; Onions.....two;
Carrot.....one; Soup celery ..one small bunch.

Boil these together two hours. Then strain through a colander and return to the fire. Melt a quarter of a cup of butter in a frying-pan, and stir into it while still over the fire a cup of flour, dry. Add this to the soup. Serve hot. —Mrs. W. C. Emery.

Potato Soup (Western Style).

For two quarts of soup, peel and slice a quart of potatoes, and three large white onions. Put them over the fire in sufficient boiling water to cover them, with a teaspoonful of salt, and a tablespoonful of butter, and boil them until they can be rubbed through a sieve with a potato masher. Meantime rub to a smooth paste a heaping teaspoonful each of flour and butter. After the potatoes have been rubbed through a sieve, put them again over the fire, with two quarts of hot milk, the flour and butter rubbed together, and salt and pepper to taste. Stir the soup until it boils; let it boil two or three minutes, and after that serve it with small dice of toasted bread.

Ham or Pea Soup.

Boil a pint of split peas, which have been soaked for three hours, in three quarts of cold water, with a ham bone.

Cook slowly seven hours and strain, rubbing the peas through a colander.

Season to taste, and pour over small squares of dry toast.

White beans may be substituted for peas. —Mrs. Stroud.

Cream of Rice Soup.

Soup stock.....two quarts; Milk.....one quart;
Rice.....one cup; Onion.....one.

Cook all together very slowly two hours, and strain. Serve very hot. —Mrs. Munroe.

Pea Soup.

Split peas.....one pint;
Corned beef or pork.....one pound;
Carrot.....one;
Turnip.....one;
Onion.....one;
Celery, one tablespoonful, or celery leaves..a handful.

Soak the peas over night. In the morning boil them with the meat for three hours, hard.

Add the chopped vegetables and boil one hour more. Strain and season.

Pour the soup over two thin slices of toast, which must be cut up like dice and placed in the bottom of the tureen.

Tomato Soup.

Soup stock.....four quarts; Tomatoes.....half-peck;
Onions..... two.

Boil, strain and thicken with browned flour. Add two teaspoonfuls of sugar, salt and pepper to taste. —Mrs. Emery.

Mock Bisque Soup.

Tomatoes.....half can;
Milk.....one quart;
Corn starch.....two even tablespoonfuls;
Butter.....one tablespoonful.

Smooth the corn starch in a little cold milk. Add it to the rest of the milk which must be boiling, then the butter and salt. Last the tomatoe, which must be previously stewed and strained.

A saltspoonful of soda may be put into the tomato, if it is very sour. Serve hot.

Clam Soup.

Clams; cold water, one quart to a dozen clams.

Chop the clams, which should be large and plump, very fine. Put the clams with their liquor and a quart of cold water for every dozen clams, upon the fire in a perfectly clean vessel, and let them simmer gently, but not boil, for about an hour and a half.

The clams should be so well cooked that you seem to have only a thick broth.

Season to taste and pour into a tureen in which a few slices of well browned toast have been placed.

If desired, an egg and a cup of milk may be added for every two dozen clams. The egg should be thoroughly beaten and the milk added to it gradually, then, after the soup is removed from the fire they may be stirred into it. —Mrs. Stroud.

Lobster Soup.

Put one quart of milk on to boil; put one large tablespoonful butter in a saucepan. When bubbling add two heaping tablespoonfuls flour; then add the boiled milk gradually; season highly with pepper and salt; boil fifteen or twenty minutes. Dry the coral in the oven and rub through a strainer into milk until it has a pink color, then add the meat chopped fine; cook five minutes.

If you wish you can strain it before serving. The shell can be boiled in the milk. —Mrs. Dillingham.

Chapter III.—FISH AND OYSTERS.

Baked Fish.

Clean thoroughly, and dry with a cloth outside and in. Stuff with slices of buttered bread, sprinkled with salt, pepper, and parsley. Skewer together, flour and salt it, and put it in a baking pan, on a rack. Put a little hot water in the bottom of the pan. Skewer small slices of pork over the top of the fish. Baste occasionally. If it weighs about three or four pounds, it will require one hour to cook.

May be served with drawn butter, to which pieces of hard boiled eggs, and parsley are added. Garnish with parsley and slices of lemon.

Baked Blue-fish.

Have a medium sized blue-fish scaled, drawn and washed. Roll a pound of crackers, not too fine, mix with them two heaping tablespoonfuls of butter, slightly melted, one teaspoonful each of salt, sweet-marjoram and summer-savory, half a teaspoonful of pepper and one raw egg, and just enough boiling water to moisten the crumbs. Stuff the fish with this, and lay it in the baking-pan. Put with it two tablespoonfuls of butter, a level teaspoonful of salt, two tablespoonfuls of catsup or any good table sauce, and a pint of hot water.

Put the fish in a hot oven and baste it every ten minutes. After it has been in the oven half an hour, dredge it all over with flour, and let it brown. Then baste again and dredge again. Repeat the basting and dredging every fifteen minutes until the fish has been baked an hour, and is nicely browned all over. This may be served with drawn butter sauce, or the gravy in the dripping-pan may be thickened with browned flour.

To Boil Fish.

A cod or a solid piece of halibut or salmon may be boiled as follows :

After the fish has been thoroughly cleaned, that is, soaked in

warm water and scraped, and then washed in cold salt and water, it should be tied up in a floured cloth, and put into cold water, enough to cover it, with a tablespoonful of salt in it.

The water should be skimmed often. It should be boiled for about twenty or twenty-five minutes to every pound.

Slip it out of the cloth carefully upon the platter, so as not to spoil its shape. Garnish with parsley and slices of lemon.

Serve with drawn butter sauce.

Broiled Fish, or Scrod.

Cod, Spanish mackerel and bluefish are very nice broiled.

Have the fish split and the bone removed. Wash, and dry in a cloth.

Grease the gridiron well. It should be a wire one that can be turned.

Broil over a good, but not too hot fire. Put the skin side down first. It will take from twenty minutes to half an hour to cook, and must be nicely browned, but not scorched.

Salt when half-done, and again when laid in the platter. Spread with butter. Serve hot.

To Fry Fish.

When cleaned and dried, dip in Indian meal and fry in hot pork fat slowly till brown.

Pickled Fish.

Raw fresh fish (shad is the best); salt; pepper (whole); cloves (whole); onion (sliced), half a one; vinegar.

Put a layer of raw fresh fish in the bottom of a stone pot. The pot should be large at the top, as it is easier to remove the fish without breaking. Season with salt, pepper and cloves, and a little onion. Then put in another layer of fish, to which add seasoning as before. Repeat this till the pot is full. Pour over all sufficient vinegar to cover it. Put it in a luke-warm oven at evening, and leave it until morning. In the morning set it away to cool and you will have an excellent relish ready for the table without any further preparation. —Mrs. Ludlow.

Fish Chowder.

Fry four slices larding pork in the bottom of a deep kettle. Take out and keep hot in a small platter. Cut in moderately thin slices twelve raw potatoes and three raw onions.

Put these in the kettle in layers alternately, with four pounds of haddock or codfish steak, adding salt and pepper to each layer; pour in at once boiling water enough to cover all. Lay over the top half a dozen pilot biscuits, and boil moderately three-quarters of an hour. When all is done, add two cups of milk, dredge in a little flour, and boil up once. —Mrs. Emery.

Potted Shad.

Cut one shad through the back, wash and dry. Cut it in small pieces and season with salt, pepper, allspice, cloves and mace. Pack tight in a stone jar. Make it tight by putting a paste crust over the top. Cover and bake in a moderate oven two hours. When taken out of the oven remove the crust and cover with vinegar.

To be eaten next day. —Mrs. Hull.

Potted Mackerel.

Small mackerel.....one dozen; Salt.....half cup;
Cloves.....one tablespoonful, heaped;
Allspice.....one tablespoonful, heaped.

Clean the mackerel and cut them in halves. Roll each piece in the salt and spices mixed; put into an earthen pot, cover with vinegar, cover close, and bake six hours in a slow oven.

—Mrs. Oliver.

Stewed Oysters.

Separate the liquor from the oysters. Strain the liquor and if the oysters are "solid," add as much water as liquor.

Put this upon the fire, and at the same time another saucepan containing milk equal in quantity to the oyster liquor. Let the milk heat upon the back of the stove, but not boil.

When the oyster liquor boils add the oysters and let them boil till the beards begin to curl up.

Then add the milk and let it boil up once. Too long boiling curdles the milk.

Pour the stew into a tureen containing two tablespoonfuls of fine oyster cracker crumbs and two tablespoonfuls (more if desired) of butter.

Scalloped Oysters.

Butter a pudding dish.

Spread cracker crumbs over the bottom ; put evenly over this a layer of oysters. Take them from the liquor one by one, with a silver fork ; you can thus see if any particles of shell adhere ; sprinkle them with salt and pepper.

Spread over these another layer of crumbs with bits of butter scattered over them, then another layer of oysters seasoned as before, then more crumbs and butter, till all the oysters are used.

Strain the oyster liquor and pour over all. If there is not sufficient liquor to moisten them thoroughly, add a little milk.

Put large pieces of butter on the top, and grate a little nutmeg over it.

The success of this dish depends upon a lavish use of butter and seasoning. It is safe to say that a quart of oysters will require a cupful of butter.

Bake three-quarters of an hour.

Deviled Oysters.

Oysters, chopped fine ..... twenty-five;
Cracker crumbs..... ....one-half cup;
Melted butter..... .....one tablespoonful;
Cream... ....one cup;
Salt..... ....to taste;
Pepper, red and black... .....to taste.

Mix and cook fifteen minutes on well buttered oyster shells, putting a large spoonful of the mixture on each shell.

Fried Oysters.

Dry in a clean towel; dip in beaten egg, then in cracker crumbs. Fry in equal parts of butter and lard.

Fancy Roast.

Boil the oyster liquor, add salt, pepper and a tablespoonful of butter ; then put in the oysters. When done pour over slices of buttered toast.

Fricassee of Oysters.

Oysters.....one quart or twenty-five oysters;
Butter.....size of an egg or two ounces;
Flour (sifted).....one tablespoonful;
Eggs.....two;
Salt.....to taste;
Red pepper.....a pinch;
Nutmeg.....one-quarter of one.

Put the oysters on the fire in their own liquor; the moment they begin to boil drain the liquor into a hot dish, through a colander, leaving the oysters in the colander.

Put the butter into a saucepan; when it bubbles sprinkle in the sifted flour. Let it cook a minute without taking color, *stirring it well* all the time, with a wire egg beater; then add a cup of the oyster liquor, mixing well. Take this from the fire, mix in the yolks of the eggs, the salt and red pepper and nutmeg. A teaspoonful of lemon juice can be added here if desired. Beat all well together, return to the fire to set the eggs, but do not allow it to boil; then put in the oysters.

All the dishes used in the preparation of this must be hot and the beating done with care that the cream may be smooth and velvety. —Miss Niebuhr.

Clam Chowder.

Hard clams.....twenty-five;
Soft clams.....one large bunch;
Potatoes.....six;
Onions.....six;
Carrot.....one;
Pork, very fat.....one-half pound;
Tomatoes.....one-half a can, or six large ones;
Celery.....one-half bunch;
Crackers.....three (broken);
Sherry wine.....one glass.

Cut the pork in thin slices and fry slowly in an iron pot. When the fat is tried out, cut the pork into small pieces, and chop the other ingredients *fine*, and place them in the pot in layers. The pork fat, then the clams, then the crackers and vegetables, season-

ing to taste. Add water enough to cover all, and cook slowly three or four hours, without stirring. Add the wine just before taking from the fire. —Mrs. Waterman.

Stuffed Clams.

Take equal quantities of finely-chopped clams and bread soaked in milk. Season with pepper and parsley. Mix well and add the yolk of one egg.

Put a small piece of butter into a frying-pan. When hot, add a teaspoonful of flour. Stir the clam mixture into this. Brown and add some tomato sauce.

Fill the clam shells; cover over with fine bread crumbs, and keep warm until served.

Stewed Lobster.

Take the lobster from the shell and chop it, but not too fine.

Put it upon the fire in a saucepan, with water enough to nearly cover it, a tablespoonful of butter, a little salt, according to taste, a little pepper, and a pinch of cayenne pepper. Let it stew slowly for ten minutes. Then dredge in a little flour. Let it boil up once, pour in a deep dish, and serve hot.

This is a very nice and wholesome way of preparing lobster.

Escaloped Lobster.

Remove the meat of a lobster and cut it in pieces one quarter of an inch thick.

Make one cup of thick white sauce with one tablespoonful butter, one heaping of flour, and one cup hot milk, season highly with salt, pepper, lemon juice and cayenne.

Mix the lobster with the sauce, put it into the shells, cover with buttered crumbs and brown in the oven. Garnish with the claws and parsley. —Mrs. Henry Dillingham.

Lobster Croquettes.

To the meat of two boiled lobsters chopped fine, add a little pepper, salt, and powdered mace, and a quarter as much bread crumbs as meat. Make into egg-shaped balls, with a little melted butter. Roll in beaten egg, then in cracker crumbs, and fry in butter or nice lard. Serve dry and hot. —Mrs. Krahnstover.

Shrimps en Coquille.

Pick over carefully one can of shrimps. Make a thick white sauce with one cup of cream or milk, one tablespoonful of butter, and one large tablespoonful of flour, season with salt and pepper, add the shrimps, fill the shells and cover with cracker crumbs moistened with butter. —Mrs. Dillingham.

To Pot Shrimps.

Pick over carefully, but do not wash one can of Gulf Shrimps. Oil carefully about four ounces of butter. Put these into a porcelain-lined saucepan with a pinch of ground mace and the same of red pepper. Heat them through, say for four minutes. Then press them into a jar. When cold, put a little clarified butter over them. —Mrs. Krahnstover.

Chapter IV.—MEAT.

To Boil Meat.

Meat should be put into boiling water and boiled steadily but not violently, and skimmed often.

When done the meat will cleave from the bone.

Leibig says, that "if the flesh be introduced into the boiler when the water is in a state of brisk ebullition, and if the boiling be kept up for a few minutes, and the pot be put in a warm place so that the temperature of the water is kept at 158 to 165 degrees, we have the united conditions for giving to the meat the qualities that best fit it for being eaten."

By this means the meat is both wholesome and palatable, as it keeps all its nourishing properties.

Roast Meat.

Meat to be roasted, especially beef, should be put into a very hot oven, so that it will cook quickly upon the outside. The juices are thus retained, which would simmer out into the dripping pan if the oven were only moderately warm.

Roasting meat should be thoroughly dredged with flour before being put into the oven, but should not be salted till partly cooked, as salt extracts the juices from raw meat.

Beef should be cooked for about fifteen minutes for every pound if it is to be eaten rare, which is the most healthful way to eat it.

Mutton requires about twenty minutes to the pound, lamb a little more, as the latter should never be served rare.

Veal, venison and pork require long roasting. Four or five hours is not too much, and a few slices of salt pork should be skewered over the top. Venison may be wrapped in a crust of pastry, which keeps the juices from escaping. If pork is ever fit to be eaten, it is only when thoroughly done, and should be roasted from three to five hours.

A roasting pan should be furnished with a rack or grate upon

which the meat can be placed. It is thus prevented from becoming "soggy" by soaking in the gravy. It should, however, be basted frequently.

Pot Pie.

Boil the meat or fowl till nearly done. Add eight or ten sliced potatoes, a small onion and pepper and salt to taste.

When the potatoes have boiled fifteen minutes put dumplings made like yeast powder biscuit over the top of all. Care should be taken that the water does not boil over the dumplings, or they will be heavy. If the kettle contains too much water remove some of it till the dumplings have risen. The gravy may be returned as it is needed.

When the dumplings are done, which will be in about twenty or twenty-five minutes, put them on a platter and place them where they will keep warm. Serve the potatoes and meat on another platter. Thicken the gravy, let it boil up, and serve it in a gravy dish.

Baked Meat Pie.

Boil the meat, lamb, veal or poultry—till tender. Line a deep dish with a crust made with about two-thirds as much shortening as for pies. Put in the meat, season it well with salt and pepper, pour in the gravy in which the meat was boiled, put two or three slices of salt pork or a few lumps of butter over it, cover with a thick upper crust, pierced with holes to let the steam escape, and bake till the crust is done.

Beef Steak.

The best way to cook a steak is to broil it over moderately hot coals, turning often.

But this method has its disadvantages. It causes much smoke, which, if there is no smoke-escape over the range, fills the kitchen and finds its way to the dining-room, besides investing the cook with an aroma suggestive of a ham just from the smoke-house. If the cook happens also to be the "lady of the house," the family will be quite contented with a steak cooked as follows:

Have the gridiron hot. Grease the bottom, but leave no surplus fat. Put in the steak, and as soon as it is brown turn it. Keep

turning it every minute or two till the outside is cooked. This will keep in the juices. Then cover it and let it cook for about three minutes. Turn it and cook it for three minutes more. If it is not a very thick steak, it will be done sufficiently by this time for those who like a rare-done steak.

If it is turned often at first, and cooked just long enough, it cannot be distinguished from a broiled steak.

French Stew.

Beef, in one solid piece.....three pounds;
Onion.....one;
Carrot.....one;
Turnip.....one;
Celery.....two sprigs;
Parsley.....two sprigs;
Tomatoes.....two;
Water.....one quart;
Vinegar.....two tablespoonfuls;
Sugar.....one tablespoonful;
Salt.....to taste;
Pepper.....to taste;
Flour.....to thicken the gravy.

First put the meat in the cold water, with vinegar and sugar. After it boils steadily one hour add chopped vegetables, salt and pepper. Boil one hour longer, or until the meat is tender.

—Mrs. W. C. Emery.

Boiled Flank of Beef.

Wash the flank; salt and pepper it, and spread over it a dressing made as for poultry. Roll this up and tie it firmly. Then sew it up in a cloth. Lay it on a small plate in an iron pot, cover with six quarts of boiling water, and boil gently six hours.

When done remove the cloth, but do not take off the twine until the meat is entirely cold.

Cut in thin slices, and serve for lunch or tea.—Mrs. Oliver.

Chipped Beef.

Beef.....two pounds; Suet.....one-quarter pound.

Have these chopped together very fine by the butcher.

Cover with cold water, and cook slowly two hours. Season to taste, and just before removing it from the fire dredge in a little flour. Let it boil up.

This may be cooked a day beforehand, and warmed up for breakfast.

When ready to serve, pour it hot upon slices of toast. Dropped or poached eggs may be spread over the top. —Mrs. Arnold.

Braised Beef.

Beef, from four to six pounds from the round or face of the rump. Trim and tie in good shape. Rub well with salt, pepper and flour. Cut two onions, one-half of a small carrot and one-half of a small turnip fine and fry them till light brown in salt pork fat or dripping. Skim them out into a braising pan. Brown the meat all over in the frying pan, adding more fat if necessary. Put the meat into the braising pan and add a quart of boiling water and a tablespoonful of mixed herbs. Cover closely and bake in the oven four hours, basting every twenty minutes. Turn it over after two hours. When tender, take the meat from the pan, remove the fat from the gravy, add more salt and pepper if needed, and thicken with a tablespoonful of flour wet in cold water. Cook ten minutes and strain over the meat. Add one-half can tomato before straining, if liked. —Mrs. Dillingham.

Mock Duck.

Take two pieces of thick steak, pound it a little, put a layer of stuffing, made as for duck, in between the slices, skewer together and rub beaten egg and bits of butter over it.

The meat should be cooked on a grate, which raises it from the pan. Cover the bottom of the pan with water. Bake about one hour, basting often. —Miss Fairbanks.

Pressed Beef.

A shank of beef; salt, pepper, sage or any sweet herb.

Crack the bone in several places. Wash and cut the meat in small pieces. Cover with cold water and boil slowly, adding more hot water as the water boils away.

When the meat will cleave from the bone, by which time the

water will be reduced two thirds, take out the meat and set it and the broth away till next day.

Then chop the meat fine, and strain the broth (having removed the fat) into it. Season, place upon the fire, and stew till dry, stirring constantly to prevent its burning. Put into an oblong pan and serve cold, cut in slices. —MRS. OLIVER.

Beef Jelly with Cream.

This jelly is made from a shin bone of beef. It should be boiled without any salt, and long and slowly. After cooling remove all fat and sediment. Then to this jelly—one and one half pints—add lemons, juice of two and rind of one; sugar, one cup; white wine, one cup.

Heat these together and when broken, add one cup of cream.

Take it from the fire before it boils, and pour into cups or glasses while hot. —MRS. OLIVER.

Roast Beef (Second day).

Cut cold roast beef into thin slices, and brown it lightly in a hot buttered spider, Do not salt it. Have the pan quite hot, that the meat may brown quickly without losing its juices. Take it from the pan, and mix well a spoonful of butter and one of flour in the hot pan. Add a cup of boiling water and boil a minute. Season to taste. Add a little catsup or Worcestershire sauce if desired. Pour the gravy over the meat and serve.

Sauer Brouten.

For the Pickle.

Round of beef (larded).....four pounds;
Cloves (whole).....one ounce; Black pepper(whole),one ounce;
Onion.....one-half of one; Bay leaves;
Vinegar.

For the Stew.

Butter.....one tablespoonful; Water.....one tablespoonful;
Bacon (sliced).....one-quarter pound.

To lard the meat, fill a larding needle, to be obtained at any furnishing store, with larding pork and draw it several times

through the beef; this done put the meat in a stone pot and cover it with vinegar; add the cloves, pepper, onion and bay leaves.

Let it remain four days; then drain and put it on the fire in an iron pot with the butter, water and bacon as given above and cook two hours, turning frequently. When done add to the gravy in the pot a little flour, a little vinegar, and serve. —Mrs. Ludlow.

To cook a Ham.

Wash and scrape the ham thoroughly. Boil it three or four hours, according to its size. Skin it and put it in a roasting pan in the oven for half an hour. Then take it out and shake over it powdered rusk, or bread, or cracker crumbs, and a little sugar if desired.

Return to the oven for half an hour longer, or until the crumbs are browned. A ham is made more tender by baking and much of the gross fat is tried out.

It is better to have a rack or grate in your roasting pan.

—Mrs. Stroud.

Jellied Tongue.

Tongue, boiled and cold.....one;
Gelatine, two ounces dissolved in Water.one-half pint;
Veal gravy (browned).....one tea cup;
Liquor in which the tongue was boiled.....one pint;
Sugar.....one tablespoonful;
Burnt Sugar, for coloring.....one tablespoonful;
Vinegar..three tablespoonfuls; Boiling water.....one pint.

Put together the gravy, liquor, sugar, vinegar, and the tablespoonful of burnt sugar, dissolved in cold water. Add the dissolved gelatine and mix well, then add the boiling water and strain through a flannel. Cut the tongue in slices as for the table. Let the jelly cool and begin to thicken. Wet a mould with cold water, put a little jelly into the bottom, then a layer of tongue, and so on in alternate layers till all is used. Set the mould, well covered, in a cool place.

To turn it out, dip the mould in hot water for an instant, invert it upon a dish and garnish with celery sprigs and nasturtium flowers, if you can get them.

Cut with a thin sharp knife, perpendicularly.

This is a handsome and delicious dish and easily made.

—Mrs. Oliver.

Stewed Leg of Mutton.

Put a piece of butter the size of an egg in an iron pot. Put the leg of mutton in and cook it one hour. After that time turn it frequently until it is brown all over.

About an hour before taking it up sprinkle in a handful of flour and salt to taste. If there is too much fat, skim it now. Cut up turnip and carrot, about two tablespoonfuls, and boil till tender. Drain them, and after the meat is taken up, put them into the pot and cook ten minutes longer.

It will require from three to four hours to cook.

—Mrs. W. D. Ludlow.

Haricot of Mutton or Lamb.

Take a leg of lamb or a small leg of mutton ; trim off the fat ; put it into a kettle with water enough to cover it. Skim this well as it boils. Keep it covered and boil it slowly four hours. When about half done, salt it and add an onion, a carrot and a turnip, chopped fine. Let the water waste away till only enough for the gravy is left. Thicken this with browned flour, add half a cup of tomato ketchup, let it boil up once, and pour it over the mu ton, which should be removed to a hot platter before the gravy is made.

Mutton Stew.

Cut up three or four pounds of mutton or lamb, removing the most of the fat. Stew an hour, in water enough to cover it. Then add half a pound of salt pork cut into strips and a chopped onion. Season with a little salt, pepper, parsley and thyme. Thicken with flour stirred into a cup of cold milk. This is much improved by adding a can of sweet corn, or in the season, half a dozen ears of corn cut from the cob. Put slices of buttered toast in the bottom of the platter and pour the stew over it. —Mrs. Emery.

Lamb Cutlets (Baked).

Cut from the neck and fore shoulder and trim neatly. Lay aside all the bones and bits of meat for gravy. Dip the cutlets in

melted butter, and then in beaten egg, and roll in cracker crumbs. Bake in a quick oven.

For gravy—Put on the bones and bits of meat in enough cold water to cover them. Stew, and season with a little thyme, salt, and pepper, and a tablespoonful of tomato catsup. Strain and thicken with corn-starch or browned flour. This may be poured over the meat, or served in a gravy boat. —Mrs. Emery.

Mutton Chops.

Fry in their own fat. When in the platter, put a small lump of butter on each chop. Keep the fat for soap grease.

Veal Steaks or Cutlets.

Wash, dry in a cloth, dip in beaten eggs, then in cracker or bread crumbs.

Fry in salt pork fat, or half lard and half butter. Veal requires long, slow cooking. Thicken the gravy with a tablespoonful of flour, browned if you wish, and let it boil up, adding as much water as you need for the requisite quantity of gravy. Melt a liberal piece of butter in this and pour it over the meat.

Veal Loaf.

Veal, both fat and lean.....three and one-half pounds;
Salt fat pork.....one thick slice;
Crackers, pounded fine.....six;
Eggs.....two;
Butter.....half a cup;
Pepper.....one teaspoonful;
Cloves.....a pinch;
Sweet herbs.....to taste.

Chop the meat raw. Mix all *well*, and form a loaf. Place in a shallow pan with a little water and bits of butter on top. Dredge with flour.

Bake slowly two hours, basting frequently. It will keep for some time and is a nice dish for lunch or tea. —Mrs. Oliver.

Veal Fricassee.

Take a piece of veal from the breast or ribs. Cut it in thin pieces about three inches square. Wash it, and put it over the

fire in enough water to yield plenty of gravy. After it boils, skim it well. Add an onion, some salt, some leaves or stalks of celery tied in a bunch, and let it cook slowly for two hours.

Just before taking it up, add a tablespoonful of butter and a tablespoonful of flour creamed together. After removing the meat add a little chopped parsley to the gravy. —Mrs. A. R. Searles.

Hashed Veal or Hashed Turkey.

Chop the cold remnants of either of the above very fine. Season with pepper, and salt, and warm up in the gravy. A little water may be added if there is not sufficient gravy left to make it quite moist.

Add a liberal piece of butter, and spread over slices of buttered toast in a hot platter. Eggs cooked in hot water, called by some dropped, by others poached, may be spread over the top.

Ragout of Cold Roasted or Boiled Mutton.

Cut the meat in slices and put over the fire in cold water. When it boils add a few bay leaves, cloves, slices of onion, and a little salt. Let it simmer slowly for two hours.

Half an hour before serving, add sufficient browned flour smoothed in cold water to thicken the gravy. Add at last a little vinegar and a pinch of sugar. —Mrs. A. R. Searles.

Fried Tripe.

Tripe should be kept in salt and water in a cool place till it is time to cook it, as it spoils very quickly.

Before cooking it, pour boiling water upon it, let it stand a minute; then drain it and rinse it two or three times in cold water. Dry it in a clean towel, cut it in pieces, dip each piece in beaten egg, then in crumbs, and fry in a hot spider in salt pork fat or good drippings, or in lard and butter in equal quantities.

Served hot, as soon as fried, this makes a good breakfast dish. It is as acceptable to some people as a beefsteak, and much cheaper.

Calf's Liver and Bacon.

Have the bacon sliced very thin. Remove the rind, fry till crisp. Take out the bacon and put it around the edge of a platter.

Pour hot water upon the liver and let it stand a moment. Dry it in a towel and fry till brown in the bacon fat. Lay the slices in the middle of the platter.

Beef's liver may be cooked in the same way, but needs more soaking, as it contains more blood.

Sausages.

Prick them all over with a fork and fry in a hot spider slowly. They will fry in their own fat, and should be done through thoroughly.

Pile mashed potato, made quite dry, and with but little butter, in the center of the dish and place the sausages around it. The gravy is too gross to be eaten.

Salt Pork Fried in Batter.

Cut the pork in thin slices, let it soak in water over night.

Put it in a spider, pour boiling water over it, then turn the water off and fry the pork until it is brown.

Then dip each slice in a batter made of one egg, one heaping tablespoonful flour and a little milk.

Fry again in hot lard.

Cold potatoes cut lengthwise and wheat or brown bread are good fried in this way. —Mrs. Stroud.

Meat Pâtés.

Put the remnants of a piece of corned beef into a tray and chop fine. Chop a small onion and add, also butter, the size of an egg, pepper and salt to taste and sufficient water to moisten.

Make a pastry as for pies, cut it into squares and put a spoonful of the meat into each square. Fold over the dough like a turnover and bake it in a hot oven. Or, fry in hot lard like doughnuts.

—Mrs. Stroud.

Breakfast Meat Cakes.

Take any cold meat that is suitable for hash.

Chop it fine and add

Egg.....one; Milk.....one-half cup.
Butter.....a little; Pepper and salt.....to taste.

Roll into balls and fry in a pan with very little lard.

—Mrs. F. W. Emery.

Meat Cakes.

Meat, chopped ..... one cupful;
Bread crumbs ..... one cupful;
Butter, melted ..... two tablespoonfuls;
Onion ..... one (small;)
Milk ..... six tablespoonfuls;
Salt, pepper and allspice.

First mix flour, crumbs, spice and salt, then add the meat and chopped onion, and stir well together, afterwards the milk and melted butter; roll into round cakes, and fry in fat.

—Mrs. W. E. Sawin.

Pickled Sheep's Tongue.

Boil till done. Add hot vinegar and spices and bay leaves, and put away in a stone pot. This will keep for months.

Poultry.

The easiest way to dress poultry is to get the butcher to do it.

Even then it must be examined to see if no bits of the windpipe or other refuse is left.

If it is necessary for you to remove the inwards, remember that if you put your hand far enough into the body of the fowl to grasp the heart, you can remove all at once, and need not fear breaking the gall bag.

Fowl should be singed, all pin feathers removed, and washed in several waters; then dried both outside and in. Many people stuff the body of the turkey or chicken; but for those who do not like a moist stuffing it is better to stuff the neck.

After the crop is removed, twist off the neck near the body. Tie a string around the skin of the neck where the head was cut off, stuff the space left vacant by the removal of the neck and crop and sew it up.

Put a teaspoonful of salt and a saltspoonful of pepper in the body of the turkey. Rub salt over the outside, skewer and tie down the legs and wings and dredge well with flour.

Bake it on a rack.

A turkey weighing twelve pounds will cook in three hours.

The giblets and neck should be boiled by themselves and put

into the dripping-pan half an hour before the turkey is done. The water in which they are boiled can be thrown away.

The giblets are sometimes chopped and added to the gravy. The gravy of a roast turkey should be skimmed of the gross fat before it is thickened.

Stuffing for Fowl (No. 1).

Bread or cracker crumbs.....two cups;
Sweet marjoram. .....three tablespoonfuls;
Salt.....one tablespoonful;
Pepper.....one saltspoonful;
Butter.....two-thirds cup;
Eggs.....one.

Mix the crumbs and seasoning. Place the butter in the center of the dish containing them, and pour in boiling water sufficient to melt the butter. If this does not moisten the crumbs, add more water. Dried bread crumbs require more wetting than crackers. Do not get them very moist. Add an egg and beat all well together.

Stuffing for Fowl —No. 2.

Baker's bread .....one loaf;
Thyme (powdered).....two teaspoonfuls;
Summer savory.....two teaspoonfuls;
Sage.....one teaspoonful;
Egg .....one;
Onion.....one-half of a small one chopped or grated.

Remove the crust from the bread and soak the soft part for several hours in cold water.

When thoroughly soaked, squeeze all the water out through a cloth or fine strainer. Then mix with the herbs and onion; last the beaten egg.

This is enough for a ten-pound turkey.—Mrs. W. C. Emery.

Steamed Turkey.

Prepare the turkey as for baking, except that chopped celery is added to the stuffing and it must be made quite dry, as steaming makes it more moist.

A turkey weighing eleven pounds needs to be steamed about two and a half hours.

It should be served with oyster sauce, which is made according to the rule for drawn butter (see gravies), with oysters added. The drawn butter should be a little thicker than for meats, as the liquor from the oysters thins it.

This is a delicious way of cooking a fowl. —MRS. WHITE.

Chicken Soufflé.

Cooked chicken.....one pint, (chopped;)
Cream sauce.....one pint;
Eggs.....four;
Chopped parsley.....one teaspoonful;
Chopped onion.....one teaspoonful;

Put salt, pepper, and other seasoning to taste into the sauce. Cook two minutes.

Add yolks of the eggs well beaten, and when cold add the whites beaten stiff.

Bake half an hour in a buttered dish. Serve with mushroom or celery sauce. —MRS. DILLINGHAM.

Chicken Croquettes.

Chickens.....two, large;
Sweet-breads.....three pairs;
Onion.....one, small;
Flour.....three tablespoonfuls;
Butter.....three tablespoonfuls;
Cream.....one pint;
Black pepper.....one teaspoonful (scant;
Cayenne pepper.....one-half teaspoonful (scant);
Nutmeg (grated).....one half teaspoonful;
Mustard.....one teaspoonful;
Salt.....two teaspoonfuls;
Eggs.....yolks of two;

This can be made without the sweet-breads, but if they are used they should be parboiled, as should also the chickens. Chop these very fine.

Mix the melted butter with the flour, spice and seasoning. When smooth, add the cream, put all in a tin which place in a pot of boiling water. Stir until thick, then set it away to cool.

When cool add the chicken, onion, and well beaten yolks of the eggs.

Form into long rolls by rolling in fine cracker crumbs and egg, and fry in boiling lard to a delicate brown. —Miss Niebuhr.

Chickens fried in Batter.

Eggs.....two; Milk.....one cup.

Mix, add a little salt, thicken with flour.

Parboil the chickens a little, cut them up and season them. Dip the pieces in the batter and fry in hot lard. Make a gravy by pouring half a cup of water into the pan and adding a tablespoonful of flour smoothed in cold water, and a lump of butter.

—Mrs. Oliver.

Quail.

Split, clean and wash the quail.

Broil on a buttered gridiron over a lively fire, taking care that they do not scorch at first.

Season, put a bit of butter on each and serve hot on buttered toast, from which the crusts have been removed.

Gravy.

The foundation of gravies is the juice of the meat which is left in the dripping pan with the water, after the roast is removed. If it is very fat it should be skimmed and as much water added as is needed for the requisite amount of gravy. It should be thickened with a tablespoonful of flour, which may have been previously browned, if a dark gravy is desired.

Salt to taste, and if the gravy is not rich add a bit of butter.

Drawn Butter.

Butter.....one (small) cup; Flour.....one tablespoonful.

Mix till smooth, pour half a pint of boiling water gradually over this till all is dissolved. Set it upon the fire and let it boil up once. More boiling makes it oily. Or,

Stir one large tablespoonful of flour into half a pint of boiling water. When it has thickened add a cup of butter, and stir till it is all melted.

This is more easily made as there is not so much danger of its separating and becoming oily.

Milk may be substituted for the water. For boiled lamb two tablespoonfuls of capers may be added just before taking it from the fire.

For fish two or three hard boiled eggs and a little chopped parsley should be added.

Celery Sauce—For Turkey.

Milk .....one quart.
Celery.....four small heads;
Pepper corns.....two or three;
Onion.....one;
Cloves.....two or three to be stuck into the onion;
Mace .....one blade;

Cut the celery very small, using the white part only, and boil until soft. It takes an hour and a half. When boiled, thicken to the consistency of custard, or thick enough to keep its place when poured over the turkey. Before thickening the sauce, remove the onion and spice.

Gravy for Fowl.

Put the giblets and neck in a saucepan with cold water, add an onion, a tomato or a spoonful of canned tomato, a pinch of salt, a pinch of pepper, and a slice of dry bread which has been made very brown in the oven. Let this boil two or three hours, then strain it.

Chop the giblets fine, and put them and the gravy back into the saucepan. Thicken with a little flour, add the brown gravy from the bottom of the pan in which the fowl was cooked, after skimming off the fat. Add a teaspoonful of vinegar and serve hot.

—Mrs. W. D. Ludlow.

Oyster Sauce for Poultry.

Put the oysters in a saucepan, pour over them the strained liquor and let them heat slowly, allowing them to simmer but not to boil.

After they have simmered a few minutes beard them. Stir into

the liquor a quarter of a pound of fresh butter, and a tablespoonful of flour. Let it boil and add a cup of cream.

Put back the oysters with a little cayenne pepper and simmer until wanted.

Cauliflower Sauce.

Butter.....one tablespoonful;
Flour (sifted).....one tablespoonful;
Soup stock.....one cupful;
Egg.....yolk of one;
Lemon.....juice of half a one.

Put the butter in a pan. When it bubbles add the flour and soup stock. Let it boil. Take it off the fire and add the well beaten yolk of the egg and the lemon juice. Pour, hot, over the cauliflower.

Horseradish Sauce (No. 1).

Grated horseradish.....four tablespoonfuls;
Powdered sugar.....one teaspoonful;
White vinegar.....four tablespoonfuls;
Salt.....a little.

Mix these and add gradually four tablespoonfuls of cream or milk.

Warm this to serve with hot meat.

Horseradish Sauce (No. 2).

Breads crumbs.....one cup;
Beef liquor.....one pint;
Butter.....one teaspoonful;
Pepper.....one-quarter saltspoonful;
Salt.....one saltspoonful;
Oil.....one teaspoonful;
Horseradish.....ten cents worth.

Boil the crumbs and beef liquor together for five minutes, then add the other ingredients and boil hard fifteen minutes.

—Mrs. Ludlow.

Mint Sauce for Spring Lamb.

Chop the mint, mix with half a cup of nice cider vinegar and one tablespoonful powdered sugar.

Made Mustard.

Pour a very little boiling water over three tablespoonfuls mustard. Stir into this gradually a teaspoonful of sugar, one tablespoonful of oil, a saltspoonful of salt and the beaten yolk of an egg; add vinegar to taste.

Chapter V.—SALADS AND PICKLES.

Tomato Salad.

Pour boiling water upon fair, ripe tomatoes, and remove the skins. Slice and place in the dish in which they are to be served, scattering a little salt and a little pepper upon each layer. Pour over all, a little vinegar and (if desired) a little olive oil. Serve cold.

Simple Potato Salad.

Boil the potatoes with the skins on, as they will slice more smoothly. When cold, slice them thin. Add half an onion, chopped fine, sprinkle with salt and pepper, moisten with vinegar and sweet oil—twice as much vinegar as oil—added gradually. Place it in a dish lined with lettuce. Keep it in a cool place till wanted.

Lobster Salad.

Take the lobster from the shell and chop fine. Chop two heads of lettuce fine, or pick it apart with a silver fork. The dressing is made as follows:

Eggs.....two; Mustard.....one teaspoonful;
Sugar.....four teaspoonfuls; Vinegar....three-quarters cup;
Cream..... three-quarters cup; Salt and pepper, a little.

Boil the eggs hard. Mix the yolks and the tomally of the lobster together. Add the mustard, sugar, salt and pepper. Then the vinegar slowly, and last the cream.

Put into the dish in which it is to be served a layer of lobster, then one of the chopped lettuce; pour over this three or four spoonfuls of the dressing; so continue till all is used. Spread the whites of the eggs, cut in slices over the top. Garnish with whole lettuce leaves and the claws of the lobster. —Mrs. Oliver.

Sauce for Lobster.

(For those who do not like oil.)

Vinegar.....one cup; Butter.....one-half cup;
Mustard.....one tablespoonful; Eggs.....yolks of four.

Mix; simmer, not boil, a moment. A cup of scalded cream is an improvement. —Mrs. Oliver.

German Herring Salad.

Herrings,	Potatoes,	Cold Roast Veal,	Pickles,
Beets,	Sour apples,	Eggs,	Capers,
Oil,	Salt,	Pepper,	Mustard,
		Parsley.	

Put six salt herrings, which have been dressed and washed, to soak in cold water over night. In the morning remove the skin and bones and chop or cut them in small pieces.

Boil potatoes with the peeling on. After they are peeled and cooled take a quantity equal to the herring and the same amount of cold boiled beets, pickled cucumbers, sour apples (peeled and cored) and cold roast veal; also six hard boiled eggs. Chop each separately, but not too fine, as that would hurt the appearance of the salad. Then prepare a sauce of good salad oil, a teaspoonful of French mustard, some soup stock, pepper, salt and capers. Mix the ingredients; pour over them the sauce, stirring carefully but thoroughly. Let it stand in an earthen dish several hours before you wish to use it. Then repeat the stirring; serve in a bowl and dress it.

With the back of a knife impress the figure of a star on the top. Fill the spaces with different colors; for instance, in one portion put chopped parsley, in another beets, in another the yolk of the egg, in another the chopped white. This ornamentation has a pretty effect. —Mrs. A. R. Searles.

Mayonnaise Dressing (No. 1).

Egg.....yolk of one;
Mixed mustard.....one tablespoonful;
Salt.....one-quarter teaspoonful;
Oil.....six tablespoonfuls.

Stir the mustard, yolk of egg (raw) and salt together until they thicken. Then add the oil gradually. A little vinegar may be added if desired. —Miss Smith.

Mayonnaise Dressing (No. 2).

Egg.....yolk of one;
Olive Oil.....one-half tumbler;
Vinegar.....one-half wine glass;
Mustard.....one-half teaspoonful (scant);
Salt.....one teaspoonful (even);
Red pepper.....a little (if desired).

Put the egg in a large bowl. Add to it the oil, a teaspoonful at a time, stirring with right hand while pouring with the left. This will make a thick batter. Mix in the glass which contains the oil the other ingredients. When thoroughly beaten add them slowly to the oil batter, stirring all the time. —Mrs. White.

Mayonnaise Dressing (No. 3).

Put the yolks of two eggs in a deep dish with a little white pepper; into these stir briskly with a wooden spoon some olive oil, which must be added very gradually and alternated every little while with a few spoonfuls of vinegar and one spoonful of Crosse & Blackwell's Tarragon vinegar. Then add a little condensed milk (not canned).

This dressing should have an agreeable flavor, and a rather stiff consistency. —Mrs. Krahnstover.

Keep salad oil in a dry, cool place, and always in the dark. The bottle should be tightly corked.

Tomato Catsup.

Tomatoes.....one dozen three pound cans;
Vinegar.....four quarts;
Allspice.....one tablespoonful;
Cinnamon.....one tablespoonful;
Red pepper.....one tablespoonful scant;
Black pepper.....one tablespoonful;
Mustard.....two tablespoonfuls;
Nutmegs.....two;
Salt.....four tablespoonfuls;
Sugar.....one cup;

Boil till thick enough, which will be four or five hours.

—Mrs. Oliver.

Tomato Catsup.

Tomatoes (ripe).....one bushel (not peeled);
Vinegar.....one quart;
Salt.....one pound;
Black pepper.....one-quarter pound;
Red pepper.....twelve pods;
Allspice.....one-quarter pound;
Cloves.....one ounce;
English mustard.....three ounces;
Onions.....six;
Brown sugar.....two pounds;
Peach leaves.....one handful;
Garlic.....a little;

Boil till of the right consistency, being careful not to let it burn, then strain through a wire sieve. It is best to rub it through when cool enough.

It should be quite thick when done. —Mrs. Krahnstover.

Tomato Catsup.

Tomatoes.....one bushel;
Salt.....one pint;
Allspice.....one ounce;
Cloves.....one ounce;
Ginger.....one ounce;
Cinnamon.....one ounce;
Mace.....one-half ounce;
White pepper.....one-eighth pound;
Mustard seed.....one-quarter pound;
Cayenne.....one teaspoonful;

Wash and dry the tomatoes, cut them in pieces, and boil them for about half an hour. Then strain them through a fine sieve.

Mix with the spices, and boil them eight hours, very fast. Put them, hot, into perfectly clean bottles, first immersing the bottle in hot water.

Liquor bottles keep the catsup best. Let them stand till the next day, then cork them with new stoppers, and seal them with sealing-wax. —Mrs. Arnold.

Louise's Tomato Catsup.

Tomato juice.....one gallon;
Ground cloves.....one (heaping) tablespoonful;
Ground allspice.....one (heaping) tablespoonful;
Ground black pepper..three (heaping) tablespoonfuls;
Salt.....four (heaping) tablespoonfuls;
Vinegar.....one pint;
Worcestershire sauce.....four tablespoonfuls;

Boil till of the consistency of cream. A handful of peach leaves may be boiled with it to add flavor. —Mrs. Comfort.

Cucumber Pickles.

(*Spiced and slightly sweet.*)

Make a brine of cold water and salt, strong enough to bear up an egg. Heat it boiling hot and pour over the pickles.

Let them stand twenty hours, then take them out and wipe them dry.

Scald vinegar and pour over them and let them stand twenty-four hours more. Then pour off the vinegar and pour over the following mixture, boiling hot:

Fresh vinegar.....sufficient to cover the pickles;
Brown sugar.....one quart;
Peppers (green).....two large;
White mustard seed.....one-half pound;
Ginger (root).....six cents worth;
Cinnamon.....six cents worth (ground);
Allspice.....six cents worth (ground);
Cloves.....six cents worth (ground);
Celery seed.....one tablespoonful;
Alum.....size of a butternut.

Put the spices in a bag. —Mrs. W. E. Sawin.

Cucumber Pickles.

Brine to bear up an egg.

Pour it over the pickles and let them stand two or three days. Then soak them in cold water for a day.

The second day pour off this water and cover them with fresh

water. Let them stand on the back of the range till they get hot, but do not let them come to the boiling point.

Take them from the range and set them away to cool. When cool put the cucumbers into jars and pour hot vinegar, spiced to taste, over them. —Mrs. Waterman.

Pickled Cucumbers.

Wash and wipe the cucumbers and put them into stone jars. Heat together

Vinegar.....one gallon; Cloves.....one ounce;
Allspice.....one ounce; Mustard seed.....two ounces;
Black pepper.....one ounce; Alum.....two ounces (scant);
Salt.....one cupful (scant.)

Do not let it come to the boiling point. Pour it hot over the cucumbers. Cover with cabbage leaves. —Mrs. Searles.

Pickled Beans.

Young string beans may be boiled in salted water till they are tender, then pickled in the same way as cucumbers.

Chow-chow No. 1.

Green tomatoes.....one-half bushel;
Onions.....one dozen;
Peppers.....one dozen;

Chop these fine. Sprinkle on them, salt, one pint.

Let them stand over night. Scald them in vinegar. Pour off the vinegar, scald again in fresh vinegar, to which must be added,

Brown sugar.....two pounds;
Mustard seed (whole).....one-quarter pound;
Cloves.....one tablespoonful;
Cinnamon.....one-half tablespoonful;
Allspice.....one tablespoonful:
Cayenne pepper..... a pinch (if desired);
Celery seed...a small one-half teaspoonful, if you like the flavor.

Cook it well. —Mrs. White.

Chow-chow No. 2.

Green tomatoes.....one-half bushel:
Onions (white).....one peck;
Green peppers.....twelve;
Mustard (mixed).....two tea-cups;
Cloves (whole).....two ounces;
Allspice.....two ounces;

Chop the tomatoes, onions, and peppers, fine. Put them in a dish with alternate layers of salt. Let them remain over night. In the morning, squeeze them dry, put them in a kettle with vinegar enough to cover them. Add the mustard and spices, and boil ten minutes, stirring all the time. —Mrs. Waterman.

Chili Sauce.

Tomatoes (ripe).....twelve; Onions.....eight;
Peppers (green).....five; Salt.....two tablespoonfuls;
Sugar.....one tablespoonful; Vinegar.....one quart;

Boil till the onions are tender. —Mrs. W. E. Sawin.

Mustard Pickles.

White onions.....(small) two quarts;
Cabbage.....one (large);
Cauliflowers.....two (large);
Green tomatoes.....(small) one half-peck;
Cucumbers.....(small) fifty;
String beans.....two quarts;
Red peppers.....half-dozen.

Put these in salt over night. In the morning wipe the pickles dry. If the onions, tomatoes and cucumbers are not very small, cut them in two. Cut the cabbage and cauliflower in small pieces. Scald all in vinegar enough to cover them. Then make a dressing as follows :

To vinegar.....one gallon, put;
White pepper (ground).....one quarter-pound;
Mustard (ground).....nine ounces;
Tumeric (ground).....two ounces;
Ginger (ground).....one ounce.

Mix these with a little cold water, and stir them into the hot

vinegar, having first removed the pickles. Boil up well and pour over the pickles.

This is much like Crosse and Blackwell's chowchow, and fully as good. —Mrs. W. E. Sawin.

The above dressing makes an excellent sauce for pickled lamb's tongues.

Plum Pickles.

Plums.....three quarts; Sugar..... ....two pounds;
Vinegar..... .....one pint; Cinnamon..... ..one ounce;
Cloves..... .....one ounce.

Pour the vinegar on the plums and let them stand over night. Then pour the vinegar off and mix with the other ingredients. The cinnamon (stick) should be broken in pieces. Boil the mixture and pour over the plums. Repeat this process two or three days in succession. —Mrs. Ford.

Pickled Peaches.

Peaches.....seven pounds; Sugar..... four pounds;
Cider vinegar. ..one large pint; Stick cinnamon.....one ounce;
Cloves (whole).....four for each peach.

Boil the sugar, vinegar and cinnamon together, and skim the mixture carefully. After it has boiled a few minutes, take out the cinnamon, stick four cloves into each peach and put a layer of peaches into the kettle. Boil them till tender, lay them in jars and boil the syrup twenty minutes longer. Pour the liquor boiling hot over the peaches and seal the jars at once. —Mrs. Arnold.

Pickled Pears.

Boil the pears in water till quite tender, then proceed as in the rule for pickled peaches. These will keep in a cool place without sealing.

Pickled Oysters (No. 1).

Black pepper (whole).....one teaspoonful;
Mace.....two blades;
Allspice (whole).....one teaspoonful;
Vinegar.....four tablespoonfuls;
Salt.....one teaspoonful.

The above proportion to one quart of oyster liquor.

Simmer the oysters for five minutes in this mixture, then skim out the oysters and boil the liquor.

Skim it and turn it over the oysters. —Mrs. Comfort.

Pickled Oysters (No. 2).

Have equal quantities of oyster juice and boiling water. Bring these, with the oysters, to a scald. Then skim out the oysters, and throw them into cold water, changing the water two or three times. Then into about half the juice put ground cinnamon, whole white peppers, mace, and salt to taste. Boil these up together, and when nearly cool pour over the oysters. —Mrs. Arnold.

Chapter VI.—VEGETABLES.

Potatoes (Boiled).

When potatoes are old, peel them and let them lie an hour or two in cold water before boiling.

They should be boiled in hot water with a little salt in it; as little water as possible should be used. It is desirable to have it all dry away by the time the potatoes are done. Cover them with a towel, take them to the open air and shake them. If they are to be mashed, take a wooden spoon or potato masher and beat them till soft and light, in the kettle they were cooked in or in a hot dish. Add butter and seasoning to taste, and moisten with a little milk. Potatoes pressed through a colander make a pretty dish.

Potatoes (Steamed).

Potatoes may be put in a colander or steamer over a kettle of hot water and steamed till done. They will be very mealy, but require more time than to boil in water. They can be put over the kettle containing some other boiling vegetable, and thus save the space of an extra kettle.

Potato Balls.

Take one pint mashed potato, highly seasoned with salt, pepper, celery, chopped parsley and butter, and moisten with a little hot milk or cream. Beat one egg light. Add part of it to the potato. Shape into smooth, round balls. Brush over with the remainder of the egg and bake on a buttered tin till brown. Be careful and not get them too moist. —Mrs. Henry Dillingham.

Duchess Potatoes.

Potatoes .....five; Flour...five dessert-spoonfuls;
Milk.....one large half cup; Eggs.....two.

Grate the potatoes, which should be boiled and cold. Mix them with the flour and milk gradually.

Add the egg, and drop by spoonfuls into boiling lard.

Take them out the instant they are of a delicate brown.

Potato Soufflé (Nice).

Potatoes..six large and smooth; Butter.....one tablespoonful;
Salt.....one teaspoonful; Pepper...one-half saltspoonful;
Eggs.....whites of four; Milk (hot).....to moisten.

Wash the potatoes very clean.

Bake them until just done.

Cut them in halves lengthwise.

Scoop out the potato into a hot bowl, mash, add the seasoning and half the beaten egg. Fill the skins with the mixture and cover lightly with the remaining egg, well salted.

Brown lightly. —Mrs. Dillingham.

Potato Puff.

Cold mashed potato.....two cups;
Butter, melted.....two tablespoonfuls;
Eggs.....two;
Milk.....one cup;
Salt.....one-half teaspoonful.

Beat the potato and butter to a cream, add the eggs, beaten light, then the milk, then the salt. Beat all together well, pour into a deep dish and bake in a quick oven till brown.—Mrs. Oliver.

Saratoga Potatoes.

Pare and wash raw potatoes and wipe dry. Cut in very thin slices, and fry in hot lard. Take from the fat as soon as brown, with a perforated skimmer, put into a colander, and keep hot.

Delmonico Fries.

Pare, wash, and wipe the potatoes as above. Cut in strips about the size of the little finger. Fry in hot fat. Lay in a colander on straw paper or a clean towel, which will absorb any fat that may adhere. —Mrs. Emery.

Potato Croquettes.

Potatoes.....six; Eggs (yolks only).....two:
Butter.....size of an egg; Salt.....to taste;
Pepper.....to taste; Crumbs.....

Pare the potatoes and put them into boiling salt and water.

When cooked, mash fine. Season with the butter, salt and pepper; add two thirds of the beaten yolks of the eggs. Beat these together very light, and rub through a sieve.

When cool, shape into balls, dip in bread crumbs, then in yolk of egg, again in crumbs, and fry in boiling lard. Lay on a pan covered with paper, to drain.

—Mrs. Henry Dillingham.

Stewed Potatoes.

Take some cold boiled potatoes that have been cooked in salted water with their skins on. Peel and cut them in slices; put them into a saucepan with milk or cream. Let them boil five or six minutes, Thicken with a little flour just before serving. Add a piece of good butter, a little pepper to taste, and dash a little finely chopped parsley over it. —Mrs. Krahnstover.

Peas.

Peas should be shelled by clean hands into a clean dish, as they are better not to be washed. Put them into cold water, and boil them till tender. The amount of time they will require depends upon their freshness. Half an hour should be sufficient for peas fit to be eaten. Have as little water as will suffice in the kettle.

String Beans.

Beans require long boiling, say an hour and a half. Strip off the strings and break them in inch pieces. Put them into cold water. Boil a piece of salt pork with them. When done, drain, add plenty of butter and salt. Serve the pork with the beans if desired. As little water as possible should be used that the goodness of the beans may not be wasted.

Green Corn.

Put corn into boiling water and if fresh, it will cook in ten minutes. Too much boiling spoils it.

Asparagus.

Wash in several waters. Cut off the tough end, scrape the white part, tie up in bunches and throw them into boiling water with salt in it.

Boil twenty-five minutes, more if required. Try one or two stalks and see if it is tender.

Lay the bunches evenly, with the green ends toward the centre of the platter, upon slices of moistened buttered toast. Cut and remove the strings, spread bountifully with bits of butter and serve hot.

Some people cut the asparagus into inch pieces after it is boiled tender, and pour drawn butter over it and serve it in a vegetable dish.

Shelled Beans.

Put them into just enough cold water to cover them. Cook an hour or till tender. Add salt and butter.

Baked and Stuffed Tomatoes.

Select firm, ripe tomatoes, and with a sharp knife cut off a thin slice from the stem end. Now remove the green core and fill the orifice with an onion chopped very fine, a small piece of butter, a little pepper, a little salt, and a teaspoonful of cracker-dust or bread crumbs; arrange them in a baking pan, add a little water and bake in a moderate oven.

Fried Tomatoes.

Cut ripe tomatoes in half and fry them on both sides in hot lard and butter. After the tomatoes are taken from the frying-pan, pour into it a cupful of cream, thickened with flour, and seasoned with a little cayenne and salt. Pour over the tomatoes and serve hot. Cold boiled ham chopped or grated fine may be added to this.

Scalloped Tomatoes.

Scald and skin half a peck of firm, ripe tomatoes; cut them into slices; take one pound of bread crumbs, half a pound of best butter, two ounces of fine sugar, a dessert-spoonful of salt, a teaspoonful of pepper, and one of onion chopped fine.

Put into a baking dish a layer of crumbs, upon which place a layer of sliced tomatoes; upon these place a few bits of butter, a little of the chopped onion, a sprinkling of pepper, sugar and salt,

now another layer of crumbs, and then another of tomatoes and butter, etc.

Fill the dish with alternate layers in this way, making the last layer of crumbs, dotting it over with pieces of butter and dusting with pepper and salt.

Bake in a good oven an hour.

Broiled Tomatoes.

Select firm, ripe tomatoes, cut them in two and place upon a well-greased broiler. Broil them over a clear fire, putting the skin side next the fire first. Pour melted butter over them. Season with pepper and salt. Serve on a hot dish.

Spinach.

Wash in several waters. Put into plenty of water and boil an hour and a half, or till tender. Take from the pot and drain.

It may now be seasoned with salt, a little pepper and a tablespoonful or two of butter, and garnished with slices of hard boiled eggs and sent to the table thus; or, after removing from the pot, drain in a colander, rinse thoroughly with cold water, then chop it in a tray quite fine. Heat in a spider a tablespoonful of butter, a tablespoonful of flour, a few bits of chopped or grated onion, salt and pepper. Mix this thoroughly with the spinach; garnish with slices of egg and serve.

Rice (as a vegetable).

Soak the rice, after picking it over and washing it, in cold water for two hours. Scatter this slowly into a large kettleful of boiling water and cook twenty minutes without stirring.

Drain in a colander and serve.

Winter Squash.

A hard skinned Hubbard squash need not be peeled before boiling, as the squash can be easily removed from the rind with a spoon. Other kinds should be peeled, the seeds and soft fibres removed from the inside. Cut it in pieces and put into a colander or steamer over a kettle of boiling water. It will cook in about two

hours, and will be much dryer than if boiled in water. Strain through a hot colander, add plenty of butter and salt, a little pepper and serve.

Baked Cabbage.

Wash the cabbage and lay it in cold water for an hour. Put it into well salted, boiling water. Change the water after it has boiled half an hour. When done, drain, chop fine, and add one cup milk, one-half cup butter, one teaspoon salt, one-half saltspoon pepper, two eggs. Put it in a shallow dish, cover with bread crumbs moistened with butter and bake till the crumbs are brown.

—Mrs. Dillingham.

Ladies' Cabbage.

Cabbage..one, a fine white one; Eggs.....two;
Butter.....one tablespoonful; Milk.....three tablespoonfuls;
Pepper.....a little; Salt.....a little.

Boil the cabbage. When cool chop fine, and add the eggs well beaten, then the other ingredients. Mix well and bake in a buttered dish till brown.

—Mrs. Oliver.

Onions.

Peel ten or twelve small onions. Put them in boiling salted water. When they have boiled five minutes change the water, and again after ten minutes. Boil till they are tender, but not broken. Drain off the water, cover them with milk and cook five or ten minutes longer. Season with salt and pepper.

Serve plain or as a garnish for beef or pour white sauce over them.

—Mrs. Henry Dillingham.

Yorkshire Pudding with Roast Beef.

Eggs.....six; Flour.....six tablespoonfuls;
Milk.....one pint.

Beat the eggs, add one-quarter of the milk, then the flour, then gradually the rest of the milk.

Bake in the pan in which the beef had been roasted for twenty minutes or half an hour, leaving enough gravy in the pan to prevent the pudding sticking.

Yorkshire Pudding.—No. 2.

Eggs.....three; Flour...one and one-half cups;
Salt.....a pinch; Milk.....to make a thin batter.

Bake as above fifteen minutes.

Baked Macaroni.

Break in inch pieces and boil half a package of macaroni for half an hour. The water should be boiling when the macaroni is put into it; and well salted. There should be ten times as much water as macaroni.

At the end of the half hour drain it in a colander. Return it to the kettle with four or five tablespoonfuls of beef drippings and a little salt. Let it heat through; then put it into an earthen dish, add a can of strained tomatoes, a few spoonfuls of milk, a little butter, a little cayenne pepper and salt to taste.

Grate some old English cheese over the top, and set it in the oven to brown.

Spagetthi.

Spagetthi may be cooked in the same way as macaroni. It is more delicate, and need not be boiled more than fifteen minutes. Butter may be substituted for the beef drippings when more convenient. —Mrs. Arnold.

Puff Tomato Omelet.

Tomatoes...four, medium size; Flour.....two tablespoonfuls;
Butter.....a small piece; Eggs.....six;
Pepper and salt.....to taste.

Peel and chop the tomatoes. Rub the flour and butter together and mix with the tomatoes. Add pepper and salt. Beat the eggs light and stir into the mixture and fry in a hot frying-pan.

—Mrs. Oliver.

Asparagus Omelet.

Asparagus.....two pounds;
Eggs.....yolks of five, whites of three;
Cream.....two tablespoonfuls;
Salt.....a little.

Boil the asparagus, which should be tender and fresh, in as

little water as possible, or better still, steam it till tender. Then chop it very fine, mix it with eggs (well beaten) and cream. Fry it in butter and serve hot. —Mrs. Stroud.

Green Corn Pudding.

Corn.....one dozen ears, or one can;
Milk.....one quart;
Sugar.....one tablespoonful;
Butter (melted).....two tablespoonfuls;
Eggs (well beaten).....four.

Mix all thoroughly and bake an hour, or until the custard is set.
—Mrs. Ella St. John.

Stewed Mushrooms.

Put a can of French Mushrooms into a porcelain-lined saucepan. Add a little pepper, salt, a squeeze of lemon and a good-sized piece of butter. Cover the pan and let them stew slowly half an hour. Then add flour, which has been smoothed in milk, sufficient to thicken them to the consistency of cream. Remove any particles of butter which are floating on top, add a little grated nutmeg, and let them simmer till they are tender.

Fresh Mushrooms.

Too great care cannot be exercised in the use of fresh mushrooms. To know if they are good, put a little salt on the gills. If they turn black they are good. Cook them in the same way as canned mushrooms. As the canned are handled by experts, it is safer to use them. —Mrs. Krahnstover.

Chapter VII.—EGGS.

Dropped.

Have a saucepan nearly full of boiling water with a little salt in it.

Break each egg separately, being careful not to break the yolk.

Put a skimmer into the saucepan and upon that, drop the egg. When the white is cooked draw out the skimmer with the egg in it, carefully. Serve upon slices of buttered toast that have been soaked a little, or upon hashed meat.

Poached Eggs.

Eggs.....six; Milk.....one pint;
Butter.....one tablespoonful; Salt.....

Put the milk upon the fire in a pan. When it is nearly boiling, add the salt and butter. Then the eggs, well beaten, and stir steadily till it thickens. Take from the fire before it becomes too thick, and pour over slices of buttered toast.

Omelet (No. 1).

The requisites for success in cooking an omelet are a smooth spider, good butter, and dexterity.

Beat together

Eggs.....four; Cream.....four tablespoonfuls;

Put into a hot spider a large tablespoonful of butter. Let it melt and turn to a golden yellow, but do not let it brown. The pan must not be too hot. Pour in the mixture, stir very gently with a fork. When it begins to set, loosen the edge with a knife, fold, and serve in a hot platter. Let each one salt it to his taste, as salt if added before it is cooked makes it heavy.

Small bits of ham, smoked tongue or beef may be sprinkled over it before it is folded.

Omelet (No. 2).

Eggs .....four; Milk ... .one cupful;
Flour .....four teaspoonfuls; Parsley.....one teaspoonful;
Thyme ... ...one teaspoonful; Salt.....one-half teaspoonful;
Pepper ....a pinch;
Onion (chopped fine) .....one teaspoonful.

Beat the yolks of the eggs thoroughly. To them add the flour, then the seasoning, then stir in the milk; lastly add the whites beaten very stiff.

Have an omelet pan hot over the fire with a tablespoonful of butter. Pour in the omelet and stir till half done. Let it stand a minute and then fold one half over the other with a fritter turner. Serve hot. —Mrs. Hull.

Puff Omelet.

Milk .....one cup; Eggs .....six.

Heat the milk, add a little salt and butter; beat together the yolks of the six eggs and the whites of three; stir them into the hot milk; pour into a hot, buttered dish, and add the other three whites well beaten. Bake ten or fifteen minutes. If the top browns before the rest is done finish cooking it upon the top of the stove.
—Mrs. Oliver.

Chapter VIII.—DESSERTS.

To Beat the Whites of Eggs.

The whites of eggs will froth more quickly if they are cold. Let the eggs lie in cold water before breaking them. Cool the dish into which they are to be broken by setting it on the ice or letting the cold water run upon the bottom of it. Let them stand in a cool place till you are ready to beat them. If they are cold and fresh they will soon become stiff enough to stay in any form they are put in.

Eggs, unless they are fresh laid, should be broken into a cup one by one that the whole may not be spoiled by the addition of a stale one.

Steamed Custard.

This should be made in a double kettle, the outside one containing boiling water. Into the inner kettle put the milk, and when it comes as near to boiling as it will in a double kettle, add well-beaten eggs in the proportion of four or five to the pint of milk, and sugar two-thirds of a cup to a pint. It is well to beat the sugar and eggs together before adding them to the milk. The whites of the eggs, or a part of them, may be reserved to garnish the custard. Beat them to a stiff froth, add gradually a few spoonfuls of powdered sugar, and spread or drop this over the top.

Italian Cream.

Milk.....one pint;
Eggs.....two;
Gelatine, three-eighths of an ounce (or the weight of three thick nickel pennies);
Sugar.....one tablespoonful.

Soak the gelatine half an hour in three tablespoonfuls of cold water.

Boil the milk and stir into the gelatine, and when cool strain them into the eggs, which must have been beaten very light. Add the sugar; flavor with vanilla. Beat well and pour into a mould. Set on the ice. Serve with cream and sugar. —Mrs. Oliver.

Frozen Pudding.

Fill a mould with alternate layers as follows: First, slices of sponge cake, then slices of banana, then some smooth jelly, then macaroons till the mould is full. Pour steamed custard, in which a teaspoonful of gelatine has been dissolved, over all. Freeze.

—Miss Dingley.

Brunswick Cream.

Milk.....one quart; Gelatine.....one-half box;
Sugar....eight tablespoonfuls; Eggs.....six;
Brandy or ..... Sherry wine..one wineglassful.

Soak the gelatine in the milk ten minutes; place over the fire and let it come to the boiling point. Add the sugar and the yolks of the eggs beaten very light and stir till it is a thick custard. Remove it from the fire and let it stand five minutes. Stir in the whites, well beaten, and the wine. —Miss Hull.

Baked Custard.

Milk.....one quart; Sugar.....one cup;
Eggs.....four; Vanilla or Nutmeg....to taste.

Boil the milk; when nearly cool add the sugar, eggs and flavoring.

Bake in a pudding dish in a slow oven till done.

Try it by slipping a spoon handle into the edge. If the milk does not follow the spoon the custard is set.

This quantity will make a filling for two pies, to be baked without an upper crust.

Custard Soufflé.

Butter.....two tablespoonfuls; Flour.....two tablespoonfuls;
Milk (boiling)..... one cup; Eggs..... four;
Sugar.....two tablespoonfuls.

Cream the butter, add the flour, and gradually the milk which must be boiling; then add the yolks of the eggs which must have been thoroughly beaten and mixed with the sugar.

When cool add the beaten whites and bake in a buttered dish, in a moderate oven, thirty minutes or more.

Serve instantly. —Mrs. Dillingham.

Charlotte Russe (No. 1).

Cream.....one pint;
Eggs.....whites of two;
Sugar.....two-thirds cup;
Gelatine.....one-quarter box dissolved in
Milk.....two-thirds cup;
Vanilla.....one teaspoonful.

Beat the cream, skimming off the froth as it rises, and putting it into another pan, set in ice water. Then stir in the sugar and the whites of the eggs beaten stiff. Next the gelatine, which must have been dissolved in the milk. Stir all together, and when thick enough to just pour, turn into moulds lined with thin slices of sponge cake.

—Mrs. W. H. Sawyer.

Charlotte Russe (No. 2).

Milk.....one pint;
Eggs.....four;
Cream.....one pint;
English gelatine.....one-half ounce;
Sugar.....one cup;
Vanilla.....one teaspoonful or more.

Put the gelatine into a gill of milk and place it upon the back of the stove, where it will warm slowly.

Whip the cream to a complete froth, and add the gelatine when it is thoroughly dissolved.

Make a boiled custard (see recipe) of the pint of milk and four eggs and enough sugar to make it very sweet.

When the custard is cold, flavor it with the vanilla, and add it to the whipped cream.

Line a mould that holds a quart, with thin slices of sponge cake, pour the mixture into it, and set it in a cool place to stiffen.

—Mrs. Clement.

Delicate Dessert.

Bake a sponge cake in a shallow pan, so that the cake will be about two inches thick when done.

Just before serving, pour some boiled custard over this, and

spread a layer of sliced oranges or peaches upon it. Beat the whites of the eggs, about four, which may be reserved from the custard, to a stiff froth, and drop them over the top.

—Mrs. Oliver.

Wine Jelly.

Cox's gelatine....one package; Water.....three pints;
Cut sugar.....one pound; Lemons.....juice of three;
Sicily Madeira wine..... one pint.

Dissolve the gelatine in a pint of cold water. Add the sugar and lemon juice. Upon this pour two pints of boiling water. Add the wine and strain into bowls or moulds. Set it away in a cool place. It will require about eight hours to harden.

—Mrs. Arnold.

Cider Jelly.

Cider.....two quarts;
Sugar.....three cups;
Lemons.....the juice and grated rind of two;
Cinnamon.....one teaspoonful.

Dissolve the gelatine and sugar for half an hour in one pint of the cider.

Boil the remaining three pints of cider, and when it boils, add the rest of the cider, the sugar and gelatine. Let it thoroughly mix, but not boil. Remove from the fire, flavor and strain into moulds.

If the cider is pretty sour, the lemon juice may be omitted.

Orange Jelly.

Gelatine...half box dissolved in Cold water.....half-cup; add
Hot water..one small cup; then Orange juice.....one pint;
Lemon.....juice of one; Sugar.....one cup.
Stir and strain.

—Mrs. Bemis.

Orange Jelly.

Gelatine..... half-box; Sugar.....one and a half cups;
Oranges.....juice of four; Lemon.....one;
Water.....one pint.

Moisten the gelatine with cold water. Pour over it the pint of boiling water, add the sugar and fruit juice, let it boil up once, then strain into a mould, wet with cold water.

To Serve Orange Jelly.

Cut a small piece from the tops of the oranges, smoothly. Take out all the inside. When the jelly has cooled a little, pour it into the oranges, as into cups, and set them on the ice to harden.

When the jelly is firm, serve on a glass dish ornamented with green leaves.

Ice Cream.

Milk..... one quart;
Flour.....one tablespoonful;
Sugar (white powdered).....three cups;
Gelatine.....one tablespoonful;
Eggs (yolks only).....three;
Vanilla or lemon extract.....one tablespoonful;
Cream.....three pints.

Bring the milk to a boil, and add to it the flour smoothed in a little cold milk. Then add the eggs beaten up with one cup of the sugar. Then the gelatine dissolved in a little cold milk. Remove from the fire and strain.

The next day add to the mixture, the remaining two cups of sugar, the cream, and flavoring. Beat all together and freeze.

—Miss Dingley.

Any kind of fruit juice can be added after the cream is partly frozen, instead of lemon or vanilla flavoring.

Orange Ice.

Oranges.....six of large size; Lemons.....two;
Water (boiling).....five gills.

After squeezing the juice from the fruit, pour the boiling water over the peel and pulp, and let it stand until cool. Then add it to the juice, sweeten to taste and freeze. Mrs. Oliver.

Raspberry Sherbet.

Raspberry jam.... ....one cup; Water..one and one-half pints;
Sugar .....one cup; Lemon, juice of one-half of one;
Gelatine ....one tablespoonful;

Dissolve the gelatine in a little of the water, mix with the other ingredients, strain, put into a mould and freeze.

Substitute three-quarters package of gelatine for the above quantity, melt all together over the fire, strain and set away till cold, and you will have excellent jelly.

Water Ice.

Make strong lemonade, very sweet; dissolve a teaspoonful of gelatine in cold water; to these add sufficient cold water to make the requisite quantity of ice. Orange or any other fruit juice may be substituted for lemon.

To Serve a Watermelon.

Cut the melon in two. Take out the pink part in smooth spoonfuls, removing the seeds, and pile up in a glass dish. Ornament with flakes of white of egg, frothed and sweetened with a little powdered sugar. Set on the ice till ready to serve.

Steamed Sweet Apples.

Wash and core some fair sweet apples. Lay them in a porcelain lined kettle. Fill the hole in the center with white sugar and scatter a little sugar over the top. Put a little warm water into the kettle and steam them till they are soft. Add more water as it is needed, so that there will be sufficient for a little juice when done. Keep them covered closely.

Chapter IX.—PUDDINGS.

English Plum Pudding.

Flour....three and a half cups; Milk.....one cup;
Suet.....one cup; Chopped raisins.....one cup;
Currants.....one cup; Soda.....one teaspoonful;
Salt.....one teaspoonful.

Warm the molasses and stir the suet, which must be freed from strings and chopped very fine, into it. Pour this gradually upon the flour. Then add the other ingredients, last the saleratus, which must be dissolved in a little of the warm molasses reserved for the purpose. Stir fast and thoroughly after the saleratus is added.

Steam in a well greased double kettle four hours.

This may be eaten with hot or cold sauce.

King George's Pudding.

Flour.....three cups; Raisins.....two cups;
Currants.....one cup; Milk.....one cup;
Molasses.....one cup; Suet (chopped fine)...one cup;
Soda.....one-half teaspoonful.

Mix as in English Plum Pudding. Boil three hours.

Sauce.

Sugar.....four tablespoonfuls;
Butter.....two tablespoonfuls;
Flour.....one tablespoonful;
Beat together and add
Egg.....the white of one beaten to a froth.

Add a gill of boiling water, stirring fast. Flavor with wine or brandy. This is a good sauce for any hot pudding.

—Mrs. Arnold.

Simple Suet Pudding.

Chopped raisins.....one cup; Suet.....one cup;
Molasses.....one cup; Milk.....one cup;
Prepared flour.....three cups.

Steam in a double kettle—one with a hole in the center is best—three and a half hours. —Mrs. Comfort.

Bread Pudding.

Milk .....three pints; Sugar.....one cup;
Raisins, stoned .....one cup; Butter.....one-half cup;
Eggs.....four or five; Bread .....
Spices.

Break stale bread into the milk, and set it upon the back of the range; baker's bread will make the lightest pudding, though any pieces of stale bread may be used; pieces of cake, slightly stale, may also be used up in this way. About as much bread as the milk will thoroughly soak will make it of the proper consistency.

Add the butter, and let it melt, then the sugar, then the eggs, well beaten, last the raisins.

Spice to taste; all kinds may be used. A tablespoonful of molasses will make it look dark and rich.

Any bread pudding may be varied by spreading a layer of jelly over the top and frosting it with the whites of one or two of the eggs beaten up with a little sugar.

Old-fashioned Bread Pudding.

Bread (baker's) .....one loaf;
Milk.. .....sufficient to soak the bread;
Sugar .....one cup;
Molasses .....one cup;
Eggs ..... five;
Raisins (stoned) .....one-half pound;
Butter.....one tablespoonful;
Spices.

Slice the bread and pour over it milk enough to cover it. Add the sugar, molasses and eggs, well beaten. Mix, and add the raisins; add spices to taste, half a nutmeg or half a teaspoonful of clove and cinnamon each; a little salt may be added if desired. Turn into a dish holding about two or three quarts, fill it up with milk, and bake slowly five hours. When it has baked four hours set it in a pan of hot water for the rest of the time. Can be eaten with any liquid pudding sauce. Is good warmed over. —Mrs. Oliver.

Grandma's J's Plum Pudding.

Baker's bread (stale)...one loaf; Suet.....one cup;
Molasses .....one cup; Sugar.....two cups;
Raisins.....one pound; Currants..... one pound;
Citron ... .one-half pound; Eggs.....nine;
Cinnamon ....one teaspoonful; Cloves.....one teaspoonful;
Nutmeg .....one; Wine .....one wine-glassful;
Brandy.....one wine-glassful.

Soak the bread in milk over night. In the morning pour away the milk not absorbed, and mix all the ingredients in a bowl over a kettle of hot water. Bake very slowly five hours.

Cracker Pudding.

Cracker crumbs, two-thirds cup; Milk.....one quart;
Raisins.....one cup; Sugar.... ... .one cup;
Butter..... .. two-thirds cup; Eggs.....four.

Boil the milk and pour it over the cracker crumbs, which must be rolled fine. Add the butter and sugar then the eggs and raisins.

Bake three-quarters of an hour. —Mrs. Winslow.

Bun Pudding.

Baker's buns.....six; Milk..... one quart;
Eggs..... three; Sugar.....four tablespoonfuls;
Salt... .....a little; Spice..... .....to taste.

Soak the buns over night in half the milk. Next day add the other things and bake till a light brown. May be eaten cold or hot with sauce: if cold, a hard sauce should be served with it.

—Mrs. Harris.

Swedish Honeycomb Pudding.

Flour.....one cup; Sugar.....one-half cup;
Molasses.....one cup; Milk.....one-half cup;
Butter.....one-half cup; Eggs.....four;
Soda.....one teaspoonful.

Beat flour (sifted), sugar and molasses together. Melt the butter in the warm milk; to this add the soda.

Mix all these ingredients, and add the eggs beaten to a stiff froth. Bake three-quarters of an hour.

Sauce.

Sugar .....one cup; Butter.....size of a walnut;
Eggs.....one.

Beat altogether, add hot water sufficient and flavor with wine or any flavoring liked. —Mrs. Fardon.

Delicate Bread Pudding.

Bread crumbs .....one pint; or
Cracker crumbs .....one pint;
Milk.....one quart;
Sugar .....one cup;
Butter.....one tablespoonful;
Salt.....one-quarter teaspoonful;
Powdered sugar.....four tablespoonfuls;
Raisins.....one cup (chopped);
Eggs.....four;
Spices.....to taste.

Soak the crumbs in the milk till soft. Add the sugar, then the yolks of the eggs, and salt and spices. Put in the butter and raisins and set in the oven. After it has stood long enough for the butter to melt, stir it well from the bottom.

It will require from half to three-quarters of an hour in a moderate oven to bake. When done, frost with the whites of the eggs beaten stiff, and the four tablespoonfuls of powdered sugar added gradually. Brown. —Mrs. Oliver.

Bread Pudding.

Bread Crumbs.....one and a half pints, or three cups;
Milk.....one quart;
Butter.....one-eighth pound;
Eggs.....six;
Sugar.....one-half cup (or more if desired);
Powdered sugar.....four tablespoonfuls;
Spice or essence.....

Scald the milk and pour it over the bread crumbs, and stir in the butter while warm. When cool, add the sugar, then the whites of the eggs except two, which should be reserved for frosting.

Add spice or flavoring to taste, and bake in an earthen dish in a slow oven from thirty-five to fifty mintues.

When done frost the top with the whites of the eggs, which must have been beaten to a stiff froth and sweetened with the four tablespoonfuls of powdered sugar. —Mrs. Ford.

Indian Pudding No. 1 (very nice).

Corn meal.....four even tablespoonfuls;
Flour.....four even tablespoonfuls;
Salt.....a little.

Mix the above with a little cold milk.

Add to these one quart of scalded milk. Then

Eggs.....four, well beaten;
Soda..one teaspoonful dissolved in two tablespoonfuls of hot water.

Add to the soda and water

Molasses.....one cup;
Raisins (stoned).....one cup;
Cinnamon.....a little.

Steam three hours. To be eaten with sugar and cream.
—Mrs. Oliver.

Indian Pudding No. 2.

Milk.....one quart;
Indian meal.....two cups;
Molasses.....one-half cup;
Suet.....two tablespoonfuls (chopped);
Salt.....one-half teaspoonful;
Cinnamon.....one-half teaspoonful;
Ginger.....one-half teaspoonful;
Flour.....one-half cup.

Boil all but a cupful of the milk. and pour it hot over the other ingredients.

Bake in a high pudding pot, slowly, three hours.

Then pour half of the cold milk over it, and bake another hour; then add the rest of the cold milk, cover with a plate and bake three hours longer. —Mrs. W. C. Emery.

Rice Pudding.—To be Eaten Cold.

Milk .....one quart;
Rice .....one tablespoonful;
Salt .....a pinch;
Sugar.....four tablespoonfuls;
Nutmeg or Vanilla .....to taste.

Mix and bake slowly four hours.

Economical and delicious.

Cocoanut Pudding.

Cocoanut.....one (grated); or
Desiccated cocoanut.....one and one-half cups;
Milk.....one quart;
Eggs.....five;
Sugar.....one cup, (if grated cocoanut is used;) or
Sugar.....half-cup, (if desiccated cocoanut).

Boil the milk, and add the eggs well beaten, and the sugar and cocoanut.

It is better to soak the desiccated cocoanut in the milk for an hour before adding the eggs and sugar.

Banana Pudding.

Gelatine.....one-half box; Milk .....one quart;
Sugar.....two cups; Bananas.....five;
Cream.....one pint.

Dissolve the gelatine in a cup of cold water. Scald the sugar and milk together. Thin the gelatine with a little of the hot milk, strain it and add the rest of the milk. Let it simmer upon the back of the stove for ten minutes. Pour into a bowl to cool. Stir the bananas, which must be peeled and cut into small pieces into the mixture, after it has cooled, (but not stiffened.)

Serve with the cream whipped to a froth, sweetened if desired.

This should be made a day before it is to be used, to give it time to harden. —Miss Randall.

Orange Pudding.

Sugar .....one-half pound; Butter.....one-quarter pound;
Eggs..... six; Oranges .....two.

Cream the butter and sugar, add the juice and grated rind of

the oranges, then the yolks of the eggs, one by one. Then slowly the whites, well beaten.

Line a deep dish with puff paste, pour in the mixture and bake. —Mrs. Oliver.

Strawberry Pudding.

Line a bowl or mould with thin slices of stale baker's bread.

Pour into this a quart of stewed strawberries, hot.

If the strawberries are fresh they must be made very sweet. If canned, half a cup of sugar should be added.

Set this away till cool. Then turn it out into a glass dish, without disturbing its shape. Pour around it a steamed custard made of a pint of milk and the yolks of three or four eggs and two-thirds of a cup of sugar.

Ornament the top of the pudding with a meringue made of the beaten whites of the eggs and three tablespoonfuls of powdered sugar.

Prune Pudding.

Prunes, large and nice..... ..one cup;
Eggs.....whites of five;
Cream of tartar.....one-half teaspoonful;
Sugar..... .....one-half cup.

Cook the prunes till soft in as little water as possible, then rub through a colander. Beat the whites of the eggs to a stiff froth and add to the strained prunes. Mix the sugar and cream of tartar thoroughly and sift them into the prunes.

Bake it a few minutes in a moderate oven to cook the egg.

It may be served with whipped or sweetened cream, or a custard may be made of the yolks of the eggs for a sauce.

—Miss Randall.

Lemon Pudding.

Sugar.....one-half pound or one cupful;
Butter.....one-quarter pound or half a cupful;
Eggs..... .....three;
Lemon.....one;
Cracker.....one (if desired).

Cream the butter and sugar together, add the eggs beaten light, then the juice and grated rind of the lemon. The cracker may be rolled and sifted and added if desired. It will give the pudding more consistency. —Mrs. Ford.

Lemon Rice Pudding.

Rice.....one cupful; Milk.....one pint;
Butter.one large tablespoonful; Sugar.....one cupful;
Eggs.....four; Powdered do.four tablespoonfuls;
Lemon.....one.

Boil the rice in salted water seventeen minutes. Add the milk and butter to the rice while hot. Then add the sugar and the yolks of the four eggs, well beaten, with the grated rind and a teaspoonful of the lemon juice. Bake this.

Beat the whites to a stiff froth, add the remainder of the lemon juice and, gradually, four tablespoonfuls of powdered sugar. Spread this over the pudding when done, and brown lightly.

—Mrs. Oliver.

Chocolate Pudding.

Chocolate, grated..two ounces; Milk, boiled.....one quart;
Corn starch...one teaspoonful; Eggs.....four;
Vanilla.....half teaspoonful.

Boil the milk, add the chocolate, and boil five minutes. Add the corn starch smoothed in a little cold milk. Cool a little, and add the eggs except the whites of two, which are reserved for frosting. Add the vanilla.

Bake slowly for half an hour. When done, frost with the whites of the two eggs beaten to a stiff froth, to which four tablespoonfuls of sugar have been added gradually. Brown the frosting lightly. —Mrs. Frank Clement.

Tipsy Parson Pudding.

Pour over slices of slightly stale cake, (sponge is best), wine and water enough to cover. When soaked, drain off the water.

Make a steamed custard and pour over it. Serve cold.

The wine may be omitted and the custard flavored with vanilla or lemon.

This pudding may be ornamented with the white of one of the eggs used in the custard, beaten stiff and dropped over the top.

Half a dozen cocoanut macaroons may be placed around the edge.

Danish Pudding.

Pearl tapioca.....one cup;
Cold water.....one pint;
Boiling water.....one pint;
Sugar.....one-half cup;
Salt.....one-half teaspoonful;
Jelly, currant or some acid jelly.....one cupful.

Soak the tapioca in the cold water over night.

In the morning put it into a double kettle with the boiling water, and cook an hour, or until transparent; stir often. Add the sugar, salt and jelly. Stir well and put into a mould to cool. Serve with cream and sugar. —Mrs. Bemis.

Saratoga Pudding.

Tapioca.....one coffee cup; Water.....two quarts;
Sugar (white).....one cup; Raisins (stoned).....one cup;
Lemon.....one; Apples (chopped)...one quart.

Soak the tapioca in the water over night. In the morning add the apples, then the sugar, then the juice and grated rind of the lemon. Lastly the stoned raisins. Bake, in a covered dish, in a slow oven, two hours. —Mrs. Hull.

Tapioca Cream.

Tapioca.....one-half cup; Milk.....one quart;
Eggs.....five; Sugar.....one cup.

Soak the tapioca in water three or four hours. Have just water enough to keep it covered.

Boil the milk in a double kettle, add the tapioca and cook till it is perfectly soft. Then add the yolks of the eggs, beaten up with the sugar. Cook ten minutes longer.

Turn it into the dish in which it is to be served, and beat into it gently with a silver fork the whites of the eggs, which have been beaten to a froth.

Flavor with vanilla. Serve very cold.

Snow Pudding (No. 1.)

Eggs..... six; Corn starch..six tablespoonfuls;
Sugar.....one tablespoonful; Lemon..... ...juice of one;
Salt.....a little; Water.....one quart.

Dissolve the corn starch in a little cold water. Pour a quart of boiling water over it. Add the whites of the eggs beaten stiff. Stir well, set it in a basin of boiling water, or double kettle, cook ten minutes. Turn into a mould and put away to harden.

Make a steamed custard for sauce, of the yolks of the eggs, a pint or a pint and a half of milk, two-thirds of a cup of sugar, and a teaspoonful of vanilla or any flavoring preferred. (See rule for Steamed Custard.)

Turn the pudding when cold into a dish and pour the custard around it before serving.

Snow Pudding (No. 2.)

Lemon.....juice of one;
Gelatine or Cooper's prepared isin-glass... half-ounce;
Sugar (white).....half-pound;
Eggs.....two;
Water.....one pint.

Dissolve the gelatine or isin-glass in the boiling water. Let it stand till cool. Add the lemon juice, sugar and whites of the eggs (well beaten). Beat till it thickens. Set it on the ice or in a cool place until it hardens. It may need to be beaten for an hour.

For sauce, make a steamed custard, (see rule) of the yolks of the eggs and a pint of milk. When cold, flavor with wine.

—Mrs. Ford.

German Pudding.

Eggs.....ten; Gelatine...four teaspoonfuls;
Lemons, three small or two large; Sugar.....one-half pound;
Water.....one cup;

Boil the water and dissolve in it the sugar and gelatine. Add the yolks of the eggs well beaten, the juice of the lemons, and the rind of one.

Let this come to a boil. When a little cool add the whites of the eggs beaten stiff. Beat all together and cool.

—Miss Niebuhr.

Foaming Sauce.

Sugar.....one cup (heaped); Butter.....one-half cup;
Egg .....one; Lemon .....one;
Water.....three tablespoonfuls.

Cream the butter and sugar, add the egg well beaten, then the juice and half the grated rind of the lemon. Last, the three tablespoonfuls of water, which must be boiling, stirred in slowly.

Molasses Sauce.

Molasses.....one cup; Butter.....a tablespoonful;
Vinegar or cider, one-quarter of a cup; more if desired.

Boil the molasses (it should be very nice) until it thickens a little. Add the vinegar or cider, and boil up again; stir in the butter and serve warm.

(Good with apple dumplings or boiled rice pudding.)

Creamy Sauce.

Butter.....one-half cup;
Powdered sugar, sifted.....one cup;
Wine.....four tablespoonfuls;
Cream or milk.....two tablespoonfuls.

Cream the butter. Add gradually the sifted sugar. Then add, gradually, beating all the time, the four tablespoonfuls of wine, then the two of cream or milk.

When this is beaten well, and just before serving, place the bowl in hot water and stir until smooth or creamy.

—Mrs. Dillingham.

Hard Sauce.

Sugar (powdered).....ten tablespoonfuls;
Butter (nice).....two tablespoonfuls.

Beat to a perfect cream. Add the white of one egg beaten to a stiff froth.

Flavor with wine, brandy or lemon or vanilla extract, or grate a little nutmeg over the top.

Chapter X.—PIES.

Pie Crust (No. 1).

Sifted flour.....five cups; Butter.....one cup;
Lard.....one cup; Ice water.....one cup;
Salt.....to taste.
This will keep well in a cool place. —Miss. Smith.

Pie Crust (No. 2).

Flour.....six cups; Butter, at first.....one cup;
Lard, at first.....one cup; Salt.....one teaspoonful.

Chop the shortening, flour and salt together in a chopping tray. (It is a good plan to wash the butter the day before. Many cooks do this also for cake, as they think it makes it lighter.)

Then wet with ice water.

Roll out about an inch thick, and with a knife spread little bits of additional butter all over it, and roll it again. Do this three times, always dredging flour over the butter before folding the paste. After rolling in the butter three times in this way, make the paste into a long roll and lay it on the ice or in a very cool place for an hour or more.

Cut a piece from the end of the roll and roll out lightly a thin crust of the size of the plate.

Chopping the shortening in obviates the necessity of handling the paste, which makes it heavy. —Mrs. Hood.

Puff Paste.

Butter.....one pound; Flour.....one pound;
Egg.....yolk of one; Lemon.....juice of one;
Salt.....a pinch.

Wash the butter the night before. Make a hole in the middle of the flour; put in the yolk of the egg, the juice of the lemon and the salt. Mix this with ice water; then put in the butter and roll out four times.

Set the paste on the ice for an hour before rolling out for the plates.

Mince Meat (No. 1).

Meat, round of beef.....three pounds;
Suet.....one pound;
Apples.....three pounds;
Cinnamon.....two teaspoonfuls;
Allspice.....two teaspoonfuls;
Cloves.....two teaspoonfuls;
Nutmeg.....one;
Cider.....three cups;
Sugar.....three pounds;
Molasses.....one cup;
Raisins.....one and one-half pounds;
Currants.....one pound;
Citron.....one-half pound;
Salt.....to taste;
Lemons.....grated rind and juice of two; or
Vinegar, best cider.....one-half cup.

Boil the meat till tender, in a small quantity of water, so that there will be only one or two cupfuls of liquor. Chop the meat very fine. Peel, slice and chop the apples. Chop the suet, and remember that it is impossible to get any of these ingredients too fine. Chop the citron, stone the raisins, grate the rind of the lemon and squeeze out the juice, wash the currants.

Boil together in a porcelain lined kettle the cider, molasses, sugar and suet. Also the vinegar if you use it instead of lemons. It gives a more pronounced taste to the mince.

Pour these hot upon the other ingredients which must first be well mixed. This will keep a long time with the addition of a little brandy. If at any time you fear its spoiling, put it into a preserving kettle and set it on the back of the range and let it scald through.

If you wish, spread a few bits of butter on each pie before you cover it, a little addtional salt, and a few teaspoonfuls of sugar.

If anything seems to be lacking in mince meat, it is usually either sugar or salt.

The juice of preserved fruit or jelly may be added to the

mince meat, to which the saying, "the more good things the better," is particularly applicable.

Mince Meat (No. 2).

Beef (second cut from the neck)..... five pounds;
Suet (chopped fine).....three-quarter pound;
Raisins (stoned).....one and one-half pounds;
Apples (peeled, sliced and chopped).....five pounds;
Cinnamon.....two teaspoonfuls;
Allspice.....two teaspoonfuls;
Cloves.....two teaspoonfuls;
Mace.....one teaspoonful;
Nutmeg (grated).....one;
Cider.....one quart;
Sugar.....to taste.

Boil the cider down one-half, and add the juice the meat was boiled in, and a little of the fat. Then add the other ingredients, with wine and brandy to taste. —MRS. ARNOLD.

Mince Meat (No. 3).

Chopped meat.....two pounds;
Chopped apples.....four pounds;
Suet (freed from strings and chopped)....one pound;
Raisins (stoned and chopped).....one pound;
Currants (cleaned).....one pound;
Citron (chopped)..... one-quarter pound;
Sugar (brown).....three pounds;
Cider.....three pints; or
Brandy.....one pint; or
Wine.....one bottle;
Nutmegs.....one and one-half;
Cloves (ground).....one tablespoonful;
Cinnamon (ground).....one tablespoonful;
Allspice.....two tablespoonfuls;
Mace.....one-half teaspoonful;
Salt.....two tablespoonfuls;
Lemons.....juice and grated rind of three.

The meat must be boiled tender and chopped very fine. It is

desirable to have but little of the meat liquor left, which may be added to the mixture. Cook all together twenty minutes, except the wine or brandy, which must be added last. If a richer preparation is desired, another pound of raisins and currants each may be added, and a pound of sultanas and half a pound of citron.

—Mrs. Oliver.

Apple Pie.

Bake a sliced apple pie in a deep pie plate. Heap the apple up, as it shrinks, as it softens. Allow six tablespoonfuls of sugar and one of molasses to a pie. Spread little bits of butter and a pinch of salt over the top. Flavor with nutmeg or cinnamon. Cut a narrow strip of crust for the edge, dip it in water and put it between the two crusts, pressing the upper one down. This forms a paste which joins the two crusts firmly and prevents the juice from escaping,—a good expedient for all juicy pies.

Gooseberry Pie

This may be made in the same way as cranberry pie, using gooseberry instead of cranberry sauce (see rule).

Cocoanut Pie.

Cocoanut (grated), one, or cocoanut (desiccated), two cups;
Milk.....one pint;
Sugar.....one cup;
Lemon.....one-half grated rind and juice;
Eggs.....four;
Butter.....one tablespoonful;
Crackers (pounded and sifted).....two.

If desiccated cocoanut is used, soak it for two hours in the milk, and use only half as much sugar, as the desiccated cocoanut is sweetened. Bake in a deep dish lined with nice paste without upper crust.

The whites of two of the eggs may be reserved for frosting. Beat them to a stiff froth, sweeten with three tablespoonfuls of powdered sugar, add a little lemon juice, and after the pie is baked pile the frosting over it in little mounds. Return it to the oven and brown lightly.

Rhubarb Pie.

Rhubarb (chopped)....one cup; Sugar...one and one-half cups;
Eggs.....three.

Mix the rhubarb, sugar and yolks of the eggs. Bake in a deep plate without an upper crust. When done, frost with the beaten whites of the eggs, mixed with three or four tablespoonfuls of sugar. Brown lightly.

Cranberry Pie.

Fill a deep plate lined with crust with cranberry sauce (see rule) and bake till the crust is done.

A few strips of pie crust crossed over the top will improve its appearance, and a little powdered sugar may be sifted over it just before serving.

Squash Pie.

Squash.....one large pint;
Sugar.....two and a half cups;
Milk.....one quart;
Butter.....two tablespoonfuls;
Cracker Crumbs.....three tablespoonfuls;
Eggs.....four;
Ginger.....one teaspoonful; or
Extract lemon.....one teaspoonful;
Salt.....one teaspoonful.

Peel, steam till soft and strain the squash.

To a large pint add the sugar, spice and cracker crumbs, which must be rolled fine and sifted.

Boil the milk and melt the butter in it. Add it to the squash, etc., one-half at a time. When well mixed, add the eggs well-beaten.

Bake in a deep plate, with a nice undercrust.

Raisin Pie.

Raisins.....one pound; Lemon.....one;
Sugar.....one cup; Crackers.....three.

Boil, stone and chop the raisins, roll the crackers fine, mix all and bake with two crusts. This makes three pies.

—Mrs. J. O. Bemis.

Lemon Pie (No. 1).

Eggs.....four;
Lemons.....one large or two small;
Powdered sugar, eight tablespoonfuls for pie, four for frosting;
Butter (melted).....one large tablespoonful.

Beat the yolks of the eggs by themselves. Grate the rind and strain the juice of the lemons into them and add the eight spoonfuls of sugar. Beat all together until very light. Then add the melted butter. Pour into a deep plate lined with crust, and bake.

When done, frost with the whites, which must be beaten to a stiff froth and sweetened with the four tablespoonfuls of sugar. Brown in the oven. —Mrs. White.

Lemon Pie (No 2).

Lemons.....one large or two small;
Sugar.....one cup;
Milk.....one cup;
Eggs.....three;
Cornstarch or white flour.....three teaspoonfuls.

Mix the juice of the lemons and the grated rind with the sugar.

Smooth the flour or cornstarch with a little of the milk, and mix all together. Bake in a deep pieplate, lined with nice paste.

When done, frost with the whites of the eggs beaten to a stiff froth, and three tablespoonfuls of sugar. Brown slightly.

Chapter XI.—CAKE.

Directions Regarding Cake.

An old-fashioned tea-cup holds half a pint. A goblet or ordinary tumbler about the same. "A pint is a pound all the world round." A piece of butter "the size of an egg is one tablespoonful."

Use the same vessel for measuring the ingredients to be used in anything you are cooking, that the proportion may not be changed.

Baking powder or yeast powder is cream of tartar and soda mixed in the proper proportion of two parts of the former to one of the latter. It is a saving of trouble to use the chemicals thus; and baking powder should be mixed and sifted with the dry flour.

If however the cream of tartar or soda are used separately, the former should be mixed with the dry flour and the latter dissolved in a little hot water, or in the milk, if milk is used.

Prepared flour is flour with the baking powder already mixed with it.

Before making cake get all the ingredients called for in the recipe, ready to your hand.

Currants, which are very dirty usually, should have been thoroughly washed and dried.

Raisins should have been stoned. Have a cup of water at your side when stoning raisins and drop the stones into it. This washes the fingers at the same time and prevents their becoming sticky. This can be done whenever there is a little time of leisure or waiting in the kitchen. Sift the flour.

In mixing cake the butter and sugar should first be beaten together till they look like cream. This should be done with a wooden spoon, as an iron one is apt to discolor the cake. It saves a good deal of strength to beat cake with the hand, and this may be done in cool weather. But in summer the heat of the hand makes it heavy.

Beat the eggs, yolks and whites separately, and add the yolks

to the butter and sugar, then the whites. Next add half the milk, and when this is well mixed half the flour, then the rest of the milk and the remainder of the flour containing the baking powder. If fruit is used, save out a third of the flour to mix it with. It is less likely to sink to the bottom of the pan. Add flavoring.

This is a good general method to follow, unless otherwise directed in the recipe.

Grease the pans well. The cake is more certain to turn out easily if the pan is lined with a well greased paper. Have a brisk but not too hot an oven.

Have your fire just right, so that you need not touch it till the cake is done. The old proverb that "There is more in baking than there is in making," applies here. If it is mixed ever so carefully and not properly baked, it is labor and material wasted. Do not move it, if you can help it, till it is done. If it begins to brown before it is properly raised, cool the oven a *little* by removing the cover from the stove a little way—just a crack.

The cake will shrink from the sides of the pan when it is done. Try it also with a broom straw, and when no dough sticks to the straw it is safe to consider it baked sufficiently. Turn it carefully from the pan upon a toast rack or clean broiler. Let it cool before putting it away in the cake-box.

Fruit cake needs a long, slow baking. It is safe to leave it in the oven half an hour after you think it is done.

All cakes containing molasses burn more easily than sugar cakes.

Fruit Cake (No. 1).

Flour.....One pound;	Sugar.....one pound;
Butter.....one pound;	Eggs.....ten;
Raisins.....three pounds;	Citron.....one-half pound;
Wine.....one gill;	Nutmeg.....one;
Cloves....one-half teaspoonful;	Allspice..one-half teaspoonful;
Cinnamon.....one teaspoonful.	

Beat sugar and butter to a cream, add the brandy. Beat the eggs very light, strain and add them. Add two thirds of the flour. Mix the fruit with the rest of the flour and add it with the spices. The juice and grated rind of a lemon improves

this cake. Bake in well greased pans, lined with paper, also well greased, in a moderate oven from one and one-half to two hours.

—Mrs. Arnold.

Wedding Cake.

Sugar (brown).....one pound;
Butter.....one pound;
Flour.....one pound;
Eggs.....ten;
Citron.....three pounds;
Stoned Raisins.....four pounds;
Currants.....four pounds;
Molasses (darkest).....one-half pint;
Mace, cinnamon, cloves, allspice, nutmeg (a little more cloves and mace).....one ounce each;
Brandy.....one gill.

Mix as in the preceding recipe. —Mrs. J. Bolton.

Cleveland Fruit Cake

Sugar.....one pound;
Butter.....three-quarters pound;
Citron.....one-half pound;
Currants.....one pound;
Raisins (stoned and chopped).....one pound;
Flour.....one pound;
Molasses.....one-half cup;
Eggs.....eight;
Spices.....all kinds.

Bake four hours. —Mrs. Clement.

Apple Fruit Cake

Molasses.....two cups;
Flour.....four cups;
Raisins (chopped)..one pound;
Soda.....one teaspoonful;
Nutmeg.....one;
Salt.....a little;
Sugar, brown.....one cup;
Eggs.....three;
Butter.....one cup;
Cloves.....one teaspoonful;
Citron.....one-half pound;
Dried apples.....three cups.

Soak the dried apples over night and in the morning stew them in one cup of the molasses. Add them to cake when mixed as by directions for other fruit cake. This will keep well.—Miss Smith.

Cup Cake.

An old reliable and generally useful rule for cake, and one easily remembered, is the old-fashioned One, two, three, four cake. Only instead of three put three and a half, and remember that there are two *ones*.

Of butter ..... one cup;
Milk ..... one cup;
Sugar ..... two cups;
Flour, three and a half cups; three does not make it quite stiff enough;
Eggs ..... four;
Baking powder ..... two teaspoonfuls:

This should be mixed according to the preceding directions, and is good as a plain cake; or it may be made into currant cake by adding a cup of currants; or raisin cake by adding a cup of raisins; marble cake by adding to one-half of the batter, spices of all kinds and a small half cup of molasses, and putting into the baking pan in alternate layers; or fruit cake by adding spices, molasses and raisins to all the batter; or layer cake, by baking in Washington pie pans, when a little less baking powder should be used.

The dullest servant, if she cannot read, can easily learn this rule.

French Cake (Reliable and Good.)

Sugar ..... two cups; Butter ..... one-half cup;
Flour ..... three cups; Milk ..... one cup;
Eggs ..... three; Baking powder, two teaspoonfuls.

—Mrs. Clement

Spanish Bun.

Eggs ..... four;
Butter ..... three-quarter cup;
Sugar ..... two cups;
Milk ..... one cup;
Cinnamon ..... one tablespoonful;
Flour ..... two cups;
Baking powder ..... one and one-half teaspoonfuls.

Reserve the white of one egg for icing. Cream the butter and sugar; add the well-beaten yolks of the eggs, then the whites beaten

to a froth, then half the milk, then half the flour, then the rest of the milk and the rest of the flour. Last, the spice.

Bake in a shallow pan. When done, spread over it a thin icing made of the white of the egg and two teaspoonfuls of sugar, and half a teaspoonful of cinnamon. —Miss Fairbanks.

Corn Starch Cake.

Sugar.....two cups;
Butter.....one cup;
Flour.....two cups;
Corn Starch.....one cup, dissolved in
Milk.....one cup;
Baking powder.....three teaspoonfuls;
Eggs.....whites of six.
—Mrs. Winslow.

Watermelon Cake.

For the white part:

Butter.....one-third cup;
Sugar.....one cup;
Milk.....one-quarter cup;
Flour.....one and one-quarter cup;
Soda.....one-quarter teaspoon;
Cream of Tartar.....three-quarter teaspoon; or
Baking powder.....one teaspoonful;
Eggs.....whites of four.

For the red part:

Butter.....one-third cup;
Eggs.....yolks of four;
Red Sugar.....one cup;
Milk.....one-quarter cup;
Flour.....two cups;
Raisins, stoned and quartered.....one cup;
Baking powder.....two even teaspoonfuls.

Put the red part in the centre of a round pan, scatter the raisins through it to look like the seeds, and put the white around the edge. —Mrs. Oliver.

Walnut Cake.

Sugar ..... one and one-half cups;
Butter ..... one-half cup;
Milk ..... one-half cup;
Eggs ..... three;
Cream of tartar ..... one teaspoonful;
Soda ..... one-half teaspoonful;
Walnut meats ..... one cup;
Flour ..... two cups;
Vanilla ..... one-half teaspoonful.

Mix as in cup cake, adding the walnuts, broken very fine, last.

—Mrs. F. W. Emery.

Harlequin Cake.

Cream one cup butter; add two cups sugar; mix well; add three eggs, the yolks and whites beaten separately; sift one teaspoonful of cream of tartar, one-half teaspoonful of soda, with three cups of flour; add alternately with one cup of milk. Divide it into four parts; color one part with two squares melted chocolate, one part with pink coloring and leave two parts uncolored. Bake separately, and when done put together with lemon jelly.

Pink Coloring.

Cochineal ..... one-half ounce;
Alum ..... one-half ounce;
Cream of tartar ..... one-half ounce;
Salts of tartar ..... one-half ounce.

To the first three ingredients add half pint boiling water. Let it stand on the stove two minutes; then add the salts of tartar gradually. Add one-half pound sugar, and strain through a cloth.

Lemon Jelly.

Sugar ..... one cup;
Lemon ..... grated rind and juice of one;
Flour, two tablespoonfuls, stirred into a well-beaten egg;
Water ..... one cup.

Mix all and cook till thick and smooth like cream.

Sponge Cake (No. 1).

Sugar...three-quarters pound; Eggs.....six;
Lemon.....one; Flour.....one-half pound;
Water.....one-half tumbler or cup.

Dissolve the sugar in the water by setting it upon the back of the range. Beat the eggs very light, and add them to the sugar and water. Then beat fifteen minutes. Add the grated rind of the lemon, and three-teaspoonfuls of lemon juice. Last, the flour (sifted). —Miss Smith.

Sponge Cake (No. 2).

Simple and sure.

Eggs.....three;
Sugar.....one cup;
Flour.....one cup;
Baking powder.....one and one-half teaspoonfuls;
Lemon.....juice and grated rind of one.

Sift all together, but the eggs and lemon, which add last. Beat well, and bake quickly in one loaf.

Chocolate Cake.

Butter.....one cup;
Sugar.....two cups;
Milk.....one cup;
Eggs.....five, except the whites of two;
Flour.....three and one-half cups;
Cream of tartar.....one teaspoonful;
Soda.....one-half teaspoonful;
Lemon extract.....one teaspoonful;

Frosting.

Chocolate.....two squares;
Powdered sugar.....one and one-half cups;
Eggs.....whites of two;

Melt the chocolate over the steam of a kettle. Add the sugar and eggs, and frost the cake as soon as it comes from the oven. A little vanilla may be added to the frosting. —Mrs. F. W. Emery.

Chocolate Marble Cake.

Butter.....one cup; Sugar.....two cups;
Milk.....one cup; Eggs.....four;
Flour.....three cups; Baking powder, two teaspoonfuls.

Dissolve a tablespoonful of chocolate in a little milk or cream. Stir this thoroughly into a cupful of the cake batter. Spread the dark batter over the light at intervals, forming little rings of the dark, that the cake may look like marble when done.

—Mrs. Oliver.

Sour Milk Cake.

(*Without eggs.*)

Flour.....four cups;
Sugar (brown).....two cups;
Butter.....two-thirds cup;
Sour milk.....one and one-half cups;
Soda.....one teaspoonful, to be dissolved in the milk;
Raisins.....two cups, stoned and chopped or halved;
Spices.....All kinds, to taste.

This is a very nice rule. —Mrs. Winslow.

Whigs.

Milk.....one pint;
Butter.....one tablespoonful;
Sugar.....one cup;
Soda.....one dessertspoonful;
Cream of tartar.....two dessertspoonfuls;
Eggs.....three;
Flour.....five cups.

Mix as in previous recipes.

Frosting for the above.

Eggs.....white of one beaten to a froth;
Lemon.....juice of one;
Flour.....one tablespoonful;
Sugar (powdered).....one pound.

—Mrs. Harris.

Corn Starch Cake.

Butter.....one-half cup;
Sugar.....one and one-half cups;
Eggs.....four;
Corn Starch .....one-half cup;
Milk.....one-half cup;
Flour.....one and one-half cups;
Lemon Extract.....one teaspoonful;
Baking powder.....two teaspoonfuls.

Dissolve the corn-starch in the milk, and mix by previous directions. —Miss Smith.

Berwick Sponge Cake.

Beat Eggs..six yolks and whites together two minutes;
Add Sugar....three cups, and beat five minutes; then
Flour.....two cups, with
Cream of Tartar..two teaspoonfuls, beat two minutes;
Then cold water.....one cup, with
Soda.....one teaspoonful, beat one minute; then
Lemon.....one-half grated rind and juice;
Flour.....two cups, beat three minutes.

Observe the time exactly, and bake in rather deep cup-cake pans in a good oven. —Mrs. J. O. Bemis.

Almond Cake.

Butter.....one and one-half cups;
Sugar.....one and one-half cups;
Milk.....one and one-half cups;
Flour.....two and one-half cups;
Eggs (whites only).....four;
Cream of tartar.....one and one-half teaspoonfuls;
Soda.....one-quarter teaspoonful;
Almonds..two dozen, placed over the top of the cake.

The almonds must be blanched by soaking three minutes in boiling water; then put them into cold water and rub off the skins. Flavor with essence of almond.

Jelly Roll.

Eggs.....six; Sugar.....two cups;
Flour.....two cups; Milk..one large tablespoonful;
Baking powder.....two teaspoonfuls.

Put in the pans very thin. Do not bake too long. Lay it between cloths when done to keep it moist till cool.

Spread with jelly, roll and place in napkins to keep it in shape.

This may be flavored with the grated rind of a lemon or a few drops of lemon extract. —Mrs. Hull.

Ribbon Cake.

Sugar.....two and one-half cups;
Butter.....one cup;
Flour.....two and a half cups;
Milk.....one cup;
Eggs.....four;
Baking powder.....two heaping teaspoonfuls;
Raisins.....one cup;
Currants.....one cup;
Molasses.....one tablespoonful;
Spices.....all kinds to taste.

Mix as in previous directions. Separate the batter into three parts. To one part add the fruit, molasses and spices. and bake the three parts in pans of corresponding size.

Put the dark layer between the other two with a little jelly between the layers. Press lightly together.

Frosting may be added if desired. —Mrs. Stroud.

Bride Cake.

Eggs.....six (whites only);
Flour.....two and one-half cups;
Butter.....one-half cup;
Sugar.....one and one-half cups;
Milk.....one-half cup;
Baking powder.....one and one-half teaspoonfuls;

Cream the butter and sugar; add the milk; then the flour, mixed with the baking powder; the whites of the eggs, well beaten, last.

Flavor with rose or almond.

Angel's Food, or White Sponge Cake.

Eggs.....whites of eleven;
Sugar, powdered or sifted granulated, one and one-half cups;
Flour.....one cup;
Vanilla.....one teaspoonful (scant);
Cream of tartar.....one teaspoonful;

Sift some flour four times; then measure out the cupful; add the cream of tartar and sift again.

Beat the whites to a stiff froth. Add the sugar lightly, then the flour very gently, then the vanilla.

Do not stop beating till the cake is in the pan. Bake forty minutes in a moderate oven in an angel cake pan with a hole in the centre, that must be kept for that purpose alone, and must not be greased.

Turn the pan upside down to cool. When cool cut round the edge with a knife and remove.

White Cake

Sugar, powdered.....two cups;
Butter.....one-half cup;
Milk.....one-half cup;
Flour.....two cups;
Eggs.....whites of four;
Baking powder.....one and one-half teaspoonfuls;
Almond.....to taste.

Bake in a brisk but not too hot oven. —Mrs. Oliver.

Washington Cake.

Butter.....three-quarter cup;
Sugar.....one pound;
Flour.....one pound;
Eggs.....six;
Milk.....one cup;
Baking powder.....one teaspoonful (scant).

Mix as in previous directions. —Mrs. Waterman.

Cream Pie (No. 1).

Eggs.....three;
Flour.....one cup;
Sugar.....one cup;
Milk.....two tablespoonfuls;
Baking powder.....one and one-half teaspoonfuls;
Salt.....a little;
Flavoring.....vanilla or lemon.

Mix as in previous directions for cake, and bake in jelly cake pans; place between the layers the

Cream.

Milk.....one pint; Sugar.....one (scant) cup;
Flour.....one-half cup; Eggs.....two;
Salt.....a little.

To the boiling milk add the other ingredients, all beaten together; boil until it thickens; flavor with vanilla or lemon.

—Mrs. Clement.

Cream Pie (No. 2).

Eggs.....three;
Sugar.....one cup;
Flour.....one cup;
Cream of tartar..one teaspoonful mixed with the flour;
Soda.....one-half teaspoonful, dissolved in
Warm water.....three teaspoonfuls.

Bake in three layers.

Filling.

Milk.....one pint; Eggs.....one;
Flour.....one tablespoonful; Sugar.....two tablespoonfuls.

Scald the milk and add the other ingredients. Flavor with vanilla.

—Mrs. J. D. Winslow.

Cream Layer Cake.

Eggs.....three;
Powdered sugar.....one cup;
Flour.....one and one-half cups;
Water.....three tablespoonfuls;
Baking powder.....two teaspoonfuls.

Filling.

Milk.....one pint;
Sugar.....one-half cup;
Butter.....two tablespoonfuls;
Corn Starch.....one tablespoonful.

Mix as in Cream Pie No. 1. —Miss Hull.

Cream Cakes.

Butter.....one-half cup; Water.....one cup;
Flour.....one cup; Eggs.....three.

Boil the water and butter together, then stir in the flour. Set it away to cool. When cold add the eggs without beating.

Butter a pan very slightly and drop a large spoonful of the batter at intervals.

Bake in a quick oven twenty minutes.

Filling.

Milk.....two cups; Eggs.....two;
Sugar.....one cup; Flour.....two tablespoonfuls;
Salt.....a little.

Scald the milk and add the other ingredients.

—Mrs. Clement.

English Cheese Cakes.

Make a nice puff paste (see rule) roll out and cut into cakes with a cooky cutter. Bake brown and fill with

Lemon Filling.

Sugar (granulated).two pounds; Butter.....nine ounces;
Eggs (whites only).....twelve; Lemons.....eight or ten.

Grate the rinds and squeeze out the juice of the lemons. Beat the eggs to a froth, mix altogether and boil in a double kettle or a jar set in a pan of water, till it thickens. Stir often.

—Mrs. Krahnstover.

It is a good idea to have one or two dozen clean cork stoppers to put between the crusts before baking. When done, separate the crusts; remove the cork and fill the vacant space with the lemon jelly. Wash and dry the corks after using and keep covered from dust for the next time. —Mrs. K.

Blueberry Cake.

Blueberries.....one cup, or more if desired;
Sugar.....one cup;
Milk.....one cup (scant);
Eggs.....two;
Butter.....one teaspoonful;
Baking powder.....three teaspoonfuls;
Flour.....for a stiff batter.

—Mrs. Frank Clement.

Chocolate Layer Cake.

Butter.....one cup;
Sugar.....two cups;
Flour (prepared).....two and a half cups;
Milk.....one cup;
Eggs.....five;
Grated Chocolate (Baker's).....one-half cake;
Vanilla.....two teaspoonfuls.

Bake in Washington-pie plates and put between the layers the

Filling.

Baker's chocolate, one-half or three-quarter cake (melted);
Sugar.....two cups, dissolved in boiling water;
Eggs.....whites of two, beaten a little.

Boil all together; when cool add

Vanilla.....four teaspoonfuls;
Cocoanut.....one cupful (if desired).

—Mrs. Searles.

Wafers (Very nice).

Butter.....one cup; Sugar.....two cups;
Milk.....one-half cup; Lemon.....juice of one;
Nutmeg.....one; Soda.....one teaspoonful;
Flour.....enough to roll out.

Roll the dough very thin, sprinkle granulated sugar over them and press it in with the rolling-pin. Cut in rounds and bake quickly.

Plain Cake for Layer Cake.

Sugar.....one and a half cups;
Butter.....one-half cup;
Water.....one cup;
Flour.....two and a half cups;
Baking powder.....two teaspoonfuls;
Eggs.....three (white of one reserved for icing);
Lemon.....grated rind of one, if convenient.

—Mrs. Hull.

Orange or Lemon Filling.

Water.....two cups;
Corn Starch.....three tablespoonfuls;
Oranges.....juice of three, grated rind of two; or
Lemons.....two;
Sugar.....one cup;
Butter.....one tablespoonful;
Eggs.....yolks of three;

Add the corn starch dissolved in one-half cup of the cold water, to the rest of the water when it boils; add the rest of the ingredients; cook all together ten minutes or until it thickens.

Chocolate Filling.

Baker's chocolate...one square; Sugar.....one cup;
Eggs.....yolks of two; Milk....one-third cup (boiled).

Stir the chocolate and sugar into the boiling milk, then add the egg well beaten. Simmer ten minutes; flavor with vanilla. Let it cool before using. —Miss Smith.

Filling for Layer Cake.

Raisins, stoned and chopped fine.....one cup;
Eggs.....whites of two well beaten.

Mix; add the juice of one or two lemons.

Orange Cake Filling.

Oranges.....grated rind and juice of two;
Eggs.....whites of two;
Sugar.....enough to stiffen the above.

—Mrs. Harris.

Orange Cake.

(To be baked in layers.)

Eggs ..... five;
Sugar ..... two cups;
Powdered sugar for frosting .....
Sweet milk ..... one-half cup;
Baking powder ..... one teaspoonful;
Flour ..... two cups;
Butter ..... one teaspoonful or size of a walnut;
Orange ..... one.

Grate the rind of the orange and reserve the whites of two eggs for the filling. Sweeten this with the powdered sugar and spread between the layers.

Strawberry Short-Cake.

Milk (sour) ..... one cup;
Butter ..... size of a walnut;
Soda, one-third of a teaspoonful dissolved in a little of the milk. Mix lightly and bake in a quick oven.

Mash and sweeten a pint and half of berries. When the cake is baked, split it and butter each part. Spread the strawberries between the layers and serve immediately.

Strawberries mashed and sweetened may be spread between any layer cake. Then garnish the top with whole strawberries.

—Mrs. C. C. Dillingham.

New Years Cakes.

Butter ..... one and one-quarter pounds;
Lard ..... one pound;
Sugar ..... two pounds;
Luke warm water ..... one pint;
Soda ..... one teaspoonful;
Caraway seed ..... five teaspoonfuls;
Flour, about six pounds, or enough to make it sufficiently stiff to roll out.

Cream the butter and sugar, add the flour, drop in the caraway seeds, then add the water and the soda dissolved in a little hot water. Roll about half an inch thick and cut with a wooden cake cutter.

—Mrs. Arnold.

Orange Short-Cake.

Make a crust as for strawberry short-cake, and spread sliced oranges, from which the seeds and as much as possible of the pulp have been removed, between the layers. A little grated or desiccated cocoanut may be mixed with the orange for variety.

—Mrs. T. S. Dillingham.

Barnard Cake.

Butter.....one cup; Sugar.....three cups;
Flour...four and one-half cups; Eggs.....four.
Milk.....one cup; Soda.....one teaspoonful;
Lemon.....juice and rind of one.

Sugar Cookies (Rich).

Butter.....two-thirds of a cupful;
Sugar.....two-thirds of a cupful;
Flour.....one heaping cupful;
Cinnamon (ground).....one teaspoonful;
Mace or nutmeg (ground).....one-half teaspoonful;
Egg.....one;
Cold water.....one teaspoonful.

Cream the sugar and butter, add the egg and spice, then gradually the flour. Roll as thin as possible, cut into cookies and bake.

—Mrs. Emery.

Sugar Cookies.

Sugar.....two cups;
Butter.....one cup;
Eggs.....two;
Milk.....one-half cup
Baking powder.....one and one-half teaspoonfuls;
Nutmeg (grated).....one;
Flour.....to roll stiff.

Mix as for cake, add as much flour as is needed, roll very thin, cut out, scatter a little sugar over the top before putting in pans, and press it down with the rolling-pin. —Mrs. Winslow.

Jumbles.

Flour.....three-quarter pound; Sugar .....one-half pound;
Butter.....six ounces; Eggs.....two;
Nutmeg and rosewater.....to taste.

Mix as for cake; roll them out with your hands, dip them in sugar, and bake in round rings. —Mrs. Ford.

Boston Cookies.

Molasses.....two cups; Sugar.....one cup;
Butter.....one cup; Milk.....one cup;
Soda.....two teaspoonfuls; Flour.....five cups;
Eggs.....two; Ginger.....one tablespoonful.

Melt the butter in the molasses, pour them upon the sugar mixed with the spice and a small part of the flour. Add the eggs, well beaten; dissolve the soda in the milk; and add, then the rest of the flour. Bake in gem pans. —Mrs. Winslow.

Soft Gingerbread.

Butter, lard or nice beef drippings.....one cup;
Sugar.....one cup;
Molasses.....two cups;
Sour milk.....one cup;
Eggs.....two;
Soda.....one teaspoonful;
Ginger.....one tablespoonful;
Cloves, cinnamon and allspice, one-half teaspoonful of each, if desired;
Flour.....to make a batter as thick as cup cake.

Put the sugar, one or two cups of flour and the spices in a dish, and mix. Melt the shortening in the boiled molasses and add gradually. Then add half the milk, then a little more flour, then the other half of the milk, with the soda dissolved in it, lastly the eggs and sufficient flour to make it of the right consistency.

Gingerbread as well as cake depends upon proper mixing and thorough beating for its lightness. —Mrs. Ford.

Gingerbread.

Molasses.....one cup;
Boiling water.....one cup;
Lard or butter.....one tablespoonful;
Ginger.....one tablespoonful;
Baking soda.....one teaspoonful;
Salt.....a little;
Flour....as much as can be stirred into the molasses.

Mix the flour and molasses, then add the soda dissolved in a little boiling water, then the ginger, salt and shortening.

—Mrs. Cummings.

Hard Sugar Gingerbread.

Butter.....one cup; Sugar.....two cups;
Egg.....one; Milk.....three-quarters cup;
Ginger.....one teaspoonful; Soda.....one-half teaspoonful.

Mix rather stiff; add flour to roll out. —Mrs. Oliver.

Ginger Snaps (No. 1).

Molasses.....one cup; Sugar.....one cup;
Butter.....three-quarters cup; Soda.....one teaspoonful;
Water (hot).....one-third cup; Ginger.....two teaspoonfuls;
Flour.....sufficient to roll out.

Boil the sugar and molasses together one minute. Add the butter, then the soda dissolved in the hot water, then the ginger and flour. Will roll out very thin. —Mrs. Bemis.

Ginger Snaps (No. 2).

Butter.....two-thirds cup;
Lard.....two-thirds cup;
Sugar (brown).....one cup;
Molasses.....one pint;
Ginger.....two tablespoonfuls;
Flour.....one quart (at first);
Soda.....two teaspoonfuls, dissolved in
Milk.....four tablespoonfuls;
Spice.....a little of all kinds;
Pepper.....one-half teaspoonful (if liked).

After mixing, add flour enough to roll out.

Molasses Cake.

Molasses.....one large cup;
Warm water.....one-half cup;
Shortening.....one-half cup;
Baking powder.....one teaspoonful;
Ginger.....one-half teaspoonful;
Cinnamon.....one-half teaspoonful;
Nutmeg.....one-half one;
Flour.....to make a batter.

—Mrs. Horace C. Fardon.

Doughnuts.

Sugar.....one and one-half cups;
Butter.....one-half teaspoonful;
Milk.....one cup;
Eggs.....two;
Baking powder.....three teaspoonfuls;
Nutmeg.....one and one-half;
Flour.....enough to roll out.

Mix as for cake, cut out, and fry in plenty of hot lard. Try a piece of the dough; if it rises quickly to the top of the lard, and does not scorch, the heat will be right. When it rises, turn the doughnut over. They should be rolled about one-quarter of an inch thick. Sift powdered sugar over them before you put them upon the table.

Frosting.

Easily made.

Egg.....white of one; Powdered sugar.one large cup;
Corn Starch.....one teaspoonful.

Beat the egg a *little*—not till white, stir in the sugar gradually, then the corn starch. When smooth, spread it on your cake.

—Mrs. J. D. Winslow.

Gelatine Frosting.

Gelatine.....one teaspoonful;
Water.....one-third of a cup;
Sugar (powdered).....sufficient to thicken;
Vinegar (nice).....one-half teaspoonful.

Dissolve the gelatine in the water on the back of the range.

Add the sugar, gradually, and the vinegar. This hardens quickly and is easily made. It is thick enough when it will just spread smoothly without running. —Mrs. Clement.

Frosting (No. 3).

This is usually made by beating the whites of eggs to a stiff froth.

For a meringue, add very slowly a tablespoonful of powdered sugar to an egg.

For a stiff frosting add gradually to the beaten whites sufficient powdered sugar to make it stiff enough to spread smoothly, but not to run.

A teaspoonful of lemon juice or nice vinegar helps it to harden.

Chocolate Frosting.

Eggs.....whites of two;
Sugar (powdered).....one-half cup;
Chocolate.....one square or six tablespoonfuls;
Vanilla.....one teaspoonful.

Melt over the fire, the chocolate and sugar in two tablespoonfuls of water. When smooth add the egg.

Frosting (No. 5).

For the white of one egg, add teaspoonful of lemon juice and one teaspoonful of powdered sugar. Beat thoroughly, then add another teaspoonful of sugar, and so on till the frosting is thick enough to cut with a knife and leave its mark.

Chapter XII.—PRESERVES.

Preserves.

Jellies should be made from the juice (only) of fruits. Equal quantities of juice and sugar, heated separately, and then boiled together hard and ceaselessly for twenty minutes, is a good general rule. Jam is made from the juice and pulp of fruit—all that can be squeezed through a sieve. Equal quantities of pulp and sugar boiled together till quite thick. It must be stirred constantly. Try it on the ice to judge when it is thick enough.

Canned preserves require about two cups of sugar to a cup of water. Boil the syrup by itself, adding a cup of water once or twice as it boils away. Skim it carefully. Add the fruit and boil till tender. The cans should be filled with *boiling hot* preserve, entirely full, and closed immediately, air-tight. Lay the cans on the side and if they are not tight they will probably leak.

Glasses for jellies and preserves should be immersed in hot water before filling.

A silver spoon or fork put into a glass will draw the heat from the hot liquid and prevent the glass from breaking. Setting the glasses upon a wet towel will serve the same purpose.

Quince Preserve.

Of nice orange quinces take equal quantities of fruit and sugar.

Peel the quinces and cut into quarters or eighths.

Boil them, in water enough to cover them, till they are tender. Take them out one by one and lay them upon a platter.

Make a syrup of the water and sugar by boiling them together, skimming if necessary. Return the quince to the preserving kettle and boil all three-quarters of an hour longer. Put into a stone jar, spread a brandied paper over the preserve and cover close. Tie a piece of wrapping paper over the cover of the jar.

Brandied Peaches.

Lay the peaches for a few moments in a kettle of boiling water. Then they may be held in a dry towel and peeled off smoothly.

Make a syrup in the proportion of one-half pound of sugar to one pound of fruit. Boil a few minutes.

Put the fruit in jars and pour over them equal parts of the syrup and white brandy. —Mrs. Harris.

Rhubarb Jelly.

Cut up the rhubarb without peeling. *Steam* it till very soft. Then lay it on a hair sieve to drain over night till all the juice is out. It may be pressed a little at last.

To a pint of juice allow a scant pound of sugar.

Boil the juice, and skim. Heat the sugar in the oven while the juice is boiling. Add the hot sugar to the juice, and boil till it forms jelly when tried.

This looks and tastes like guava jelly, and keeps well.

Delicious Apple Sauce.

Place a layer of peeled and quartered apples in a bean pot; sprinkle a little sugar over them; then put in another layer of apples which sweeten as before; continue till the pot is about two-thirds full.

Cover tightly and bake three or four hours. Put no water in them, but do not let them bake dry. Take them from the oven while moist and juicy, and do not allow them to bake too fast.

Tasteless, insipid apples become in this manner rich in color and flavor.

Sunday Apple Sauce.

Core and bake, filling the holes with sugar, seven or eight apples.

When very soft strain them into a small pudding dish. Grate in the rind of a lemon, and spread over the top the white of an egg beaten to a stiff frost and mixed with half a cup of powdered sugar. Brown slightly.

To be eaten cold.

Cranberry Sauce.

Wash and pick over the cranberries carefully; cover the bottom of a porcelain-lined kettle with water, put in the berries with two-thirds the quantity of sugar. Pour over them a teacupful more of water and boil slowly till every berry is broken.

Gooseberry Sauce.

Follow directions for Cranberry Sauce.

This or the preceding rule will make a good filling for pies.

Chapter XIII.—CANDY.

Cocoanut Cream Candy (No. 1).

Water.....three-quarter cup; Sugar.....three cups.

Boil ten minutes without stirring. Just before taking from the fire add one and one-half cups of cocoanut and a little cream of tartar.

Beat until cold. Spread over buttered paper.

—Miss Clifford.

Cocoanut Cream Candy (No. 2.)

Sugar.....two cupfuls; Water.....one-third of a cup;
Lemon or vanilla...one teaspoonful.(more, if desired.)

Boil the water and sugar less than five minutes, till it is stringy. When cold beat with a fork till it has a creamy appearance. Flavor with lemon or vanilla and stir in cocoanut till it is thick enough. Pour into a platter to harden.—M. F. Shillaber.

Chocolate Caramels (No. 1.)

Sugar.....one cup; Molasses.....one cup;
Milk.....one-quarter cup; Butter.....one tablespoonful;
Chocolate...six tablespoonfuls; Vanilla.....two teaspoonfuls.

Boil the sugar and molasses together for fifteen minutes, add the chocolate, butter and milk and boil fifteen minutes more. Try in cold water. When it will harden take it from the fire. Add the flavoring and pour into a buttered platter.

Mark off into squares before it is quite cold.

—M. F. Shillaber.

Chocolate Caramels (No. 2).

Sugar.....one cup; Butter.....one-half cup;
Molasses.....one cup; Chocolate..one-quarter pound.

Boil from thirty to forty minutes or until brittle, when put in water. Flavor with vanilla. —Miss Smith.

Cream Peppermint Candy.

Granulated sugar.....three cups;
Hot water.....one cup;
Cream of tartar.....one-quarter teaspoonful.

Mix these, and put them upon the fire. Boil hard ten minutes. Do not stir it till you take it from the fire. Then drop eight or ten drops of oil of pepperment into it. Heat it until it creams and will drop on paper. —Miss Smith.

Lemon Candy.

Sugar.....two cups;
Water.....one cup;
Vinegar.....three-quarters cup;
Butter.....one tablespoonful;
Essence of lemon.....one teaspoonful.

Boil the sugar, water and vinegar together. Put in the butter when nearly done, and the lemon after it is taken from the fire. Try in a cup of water, when it will harden ; turn into a well-greased platter. When nearly cool, mark off into squares.

—M. F. Shillaber.

Hoarhound Candy.

Hoarhound tea (strong).....one cup;
Sugar.....two pounds;
Water.....one-half cup;
Cream of tartar.....one-quarter teaspoonful.

Dissolve all together. Boil hard. Turn upon a plate thin. Cut while hot.

French Candies.

A 1 confectioner's sugar must be used in making these candies. It must be rolled and sifted.

Place the whites of two eggs in a tumbler, and mark the amount. Pour this into a dish and add the same of cold water, and a scant teaspoonful of vanilla. Stir these well together, and have ready about two pounds of the sugar; add this slowly, stirring

with a silver spoon. A little more or less sugar must be used according to the size of the eggs.

Have ready,

Cocoanut, grated.....one;
English walnuts, shelled.....one-half pound;
Almonds, shelled.....one-half pound;
Dates, stoned.....one-half pound.

Take a part of the mixture on to the bread-board and knead a little more sugar into it, then roll it out half an inch thick.

Cut off small pieces with a silver knife, and shape with the hands into balls; set this aside to harden for chocolate drops.

Cut off other pieces, and shaping them with the hands place halves of the walnuts on each side.

Roll the almonds in pieces of the dough, and then in granulated sugar, shaping them nicely.

Stone the dates and fill the opening with the dough, then roll in granulated sugar.

Place some more of the dough upon the board and knead into it as much cocoanut as it will hold, then roll and cut into squares. The broken pieces of nuts may be chopped and mixed with the cocoanut, and moulded into the dough and cut into squares.

Melt half a cake of Baker's chocolate on the back of the stove—do not let it boil. Drop the balls which were reserved at first into this, dip them out with a silver fork and place them on a paper to harden.

This makes delicious candy. —Mrs. W. H. Sawyer.

Chapter XIV.—MISCELLANEOUS.

Cream Toast.

Milk.....one pint; Butter.....one half cup;
Salt.....one-half teaspoonful; Flour.....one tablespoonful.

Boil the milk, add the flour, smoothed in a little cold milk. Stir it until it thickens. Add the butter, stir it until it melts; add the salt. Dip slices of nicely browned toast, one by one, into this cream. When they are well soaked put them into a dish, pour the cream over them, cover and serve hot.

Water Toast.

Boiling water.....one pint; Butter..... one cup;
Flour.....one tablespoonful; Salt.....one-half teaspoonful.

Smooth the flour in cold water, stir it into the boiling water till it thickens. Add the butter, stirring till it is melted; then the salt and pour over the toast. Serve hot in a covered dish.

Boiled Biscuit.

Soak half a dozen nice fresh pilot biscuit in water, a little salted, over night. In the morning steam them in a perforated steamer till thoroughly heated through.

Stir two-thirds of a cup of butter into them till it is melted; salt to taste and serve hot.

Noodles.

Add gradually to two or three eggs (not beaten), sufficient flour to make a very stiff batter. When too stiff to stir with a spoon, mould with the hands.

Cut the dough in two. If there are any small holes in it mould it still longer until it is entirely smooth.

Roll out very thin, and leave the paste on the moulding-board till perfectly dry, or it may be spread upon a clean cloth to dry.

When dry, cut into narrow strips. These require about five minutes to boil, and are excellent to thicken soups, or may be boiled in salted water to eat with meat, when squares of fried bread may be spread over the top, after they are put in the dish in which they are to be served.

Boston Baked Beans.

Dried pea beans.....one quart;
Salt pork.....one pound;
Granulated sugar or molasses.....two tablespoonfuls;
Salt and pepper.....

Put on the beans in plenty of cold water and let them come to a boil. Parboil until the skins "wrinkle," changing the water two or three times.

Drain and wash thoroughly.

Put in a deep "Boston bean pot," and lay the pork, scored, over the top. Put in sugar and salt, and pour over them boiling water enough to cover them.

Bake from eight to twelve hours, keeping a cover over the top until an hour before serving. Add more boiling water once or twice. To serve, remove the pork first, then pour out the beans. Do not dip out with a spoon.

Split Peas (Boiled).

Wash a cupful of split peas. Put them to soak over night in twice the quantity of water that will cover them. In the morning boil them till they are soft and the water is nearly boiled away. Season with salt and melt a tablespoonful of butter in them. Turn into a mould wet with cold water. When cold, it can be turned out into a platter and cut into slices like cheese.

Instead of the butter, a slice of pork may be boiled with the peas, if pork is liked.

French Toast.

Soak slices of bread, with the crusts trimmed off, in a batter made of two eggs and half a pint of milk, then fry in a buttered frying-pan.

This may be eaten for dessert with a sauce made as follows:

Two eggs and a cup of powdered sugar beaten to a froth. Just before serving, add nearly a cup of boiling milk and flavor with vanilla. This is a good sauce for any pudding, and easily made.

Welsh Rarebit (No. 1.)

Cheese.....one cupful;
Butter.....one large tablespoonful;
Milk or cream.....two or three teaspoonfuls;
Egg.....one;
Pepper.....
Salt.....
Mustard.....

Melt the butter in a saucepan, add the cheese cut small, then the milk or cream. Stir often till the cheese is melted. Add the beaten egg and seasoning.

Pour on to some slices of buttered toast in a hot dish. Serve hot. —Mrs. Oliver.

Welsh Rarebit (No. 2).

Select the richest and best American cheese, the milder it is the better, as melting it brings out the strength. To make five rarebits, take one pound of cheese. Grate it, and put it into a porcelain-lined saucepan. Add ale enough to thin the cheese sufficiently, say about a wineglassful to each rarebit. Stir until all is melted. Have ready a slice of toast, with the crust trimmed off, for each rarebit. Put a slice on each plate, pour over each slice the melted cheese, and serve hot. A poached egg may be carefully placed on the top of each rarebit. —Mrs. Krahnstover.

Welsh Rarebit (No. 3).

Cheese.....one pound; Milk.....one cup;
Mustard..one-half teaspoonful; Butter.....one lump;
Egg.....one; Pepper and salt.....to taste.

Heat the butter, milk, and mustard through. Add the pepper and salt. Grate or cut into small pieces the cheese, and stir it into the heated milk. When melted, stir in the egg. Let it boil up, and pour over small pieces of toast. Serve hot.

Lemonade.

To every dozen lemons put half a dozen oranges. Sweeten to taste. —Mrs. Jones.

Cheese Relish.

Common crackers.....two and one-half, rolled fine;
Grated cheese.....three tablespoonfuls;
Milk.....one cup.

Heat milk in a saucepan; add the other ingredients; then a small piece of butter. Pepper and salt to taste. Should be served at once. —Mrs. Oliver.

Liver Pudding.

Beef liver.....one pound; Bread.....one pound;
Suet.....one cup; Almonds (bitter).....six;
Almonds (sweet).....six; Salt and pepper.....to taste.

Chop the liver and suet, carefully removing the fibre and skin. Pour boiling water over the bread. When thoroughly moistened, squeeze out the water. Remove the skins from the almonds, and cut them in slices. Add the pepper and salt, and beat all together into a smooth paste. Bake in a well-buttered dish an hour and a half. —Mrs. C. Golderman.

Hominy Cakes.

Hominy.....one pint; Eggs.....two;
Salt.....a little.

Boil the hominy three hours in a double kettle. When cool, mix with the well beaten eggs. Flour the hands thoroughly, and roll the hominy into balls and fry in hot lard.

—Mrs. Horace C. Fardon.

Claret Cup.

This is something delightful for cultivated palates.

Take one bottle of claret (not twenty-five cent claret), the rind of half a lemon, a few cloves, half a stick of cinnamon, and sufficient sugar to sweeten. (Do not make it too sweet).

Let it just boil in an agate-ware saucepan.

Then take one pint of cream, and the yolks of two fresh-laid eggs, and beat them to a froth. Over this pour the boiling claret

very gently, continuing the beating. Stir for ten minutes so that it may not curdle. Remove the cloves, cinnamon and lemon peel, pour into a claret jug, and serve while warm.

After a dance, this, if properly made, is nectar itself.

—Mrs. Krahnstover.

Scotch Panada.

Soda biscuit.....six; Sugar.....two teaspoonfuls;
Salt.....a pinch; Nutmeg.....a little.

Scatter a little sugar and a grain of salt over each cracker. Cover with boiling water and grate the nutmeg over all. Cover the dish and let it stand in a warm place till the crackers are slightly soaked. This is nice for an invalid. —An Old Nurse.

Beef Tea

Have the beef chopped very fine; cover it with cold water and let it stand for an hour and a half. Then set it upon the back of the range and let it simmer till the juice of the meat is all extracted.

Skim off all the fat and season. —A Physician.

A good Brine for Butter.

Water.....two quarts; Clean white salt.....one quart;
White sugar.....one pound; Saltpetre.....one teaspoon.

Mix. When it has stood an hour, strain through a flannel cloth and pour over the butter. Less salt may be enough but as much should be used as the water will take up. —Mrs. Oliver.

To Renovate Black Kid Gloves or French Kid Boots.

Stir a few drops of ink and sweet oil together, and apply the mixture to any spots that are rubbed or white.

To Wash Blankets.

Dissolve a bar of soap in hot water. Put this into a tub of luke warm water, throw into the water a large handful of borax.

Soak the blankets in this over night. Rinse in three clean waters.

Do not wring them out, but let two persons take hold of either end and shake them thoroughly.

If there be any soiled spots a thread should be sewed around them, as they cannot be distinguished when wet. A little soap may be rubbed upon these spots.

Turn them once in a while as they hang upon the line. Take a good drying season for washing bed clothing.

To Clean Combs and Brushes.

Immerse them in water in which a little ammonia or a little borax has been put. Shake them thoroughly and dry as quickly as possible.

ADDENDA.

Sabylon Pudding.

Eggs, yolks only.....ten;
Sugar.....eighteen teaspoonfuls;
Marsala wine.....eighteen half egg-shellfuls.

Mix; boil until thick, stirring constantly. Serve cold in little cups.

Orange Cake.

Butter.....one-half cup;
Sugar.....two cups;
Eggs.....four;
Milk.....one-half cup;
Flour.....two cups;
Soda.....one teaspoonful;
Cream of tartar.....one teaspoonful.

Beat yolks and whites of eggs separately, reserving the whites of two for frosting. Bake in layers. Fill with orange filling, for which see rule. —Mrs. Harris.

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